Recipts & Remedies

Chehalis Valley Historical Society

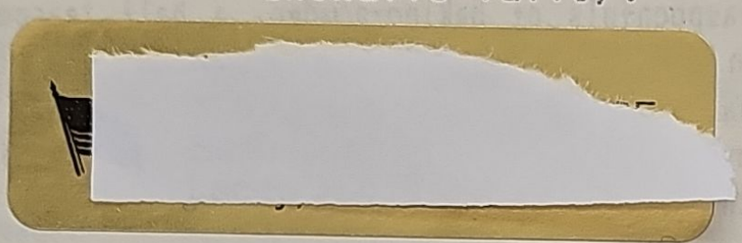
1985

These receipts and remedies have been compiled by

The Chehalis Valley Historical Society

in memory of the pioneers of the

Chehalis Valley.



The Chehalis Valley Historical Society
P.O. Box 1242
Elma, Washington 98541
1985

BREAD:

APPLE BISCUITS, old fashioned: Pare and slice apples to cover bottom of baking dish. Add enough sugar to sweeten. Sprinkle with cinnamon. Dot with butter. A little water may be added if apples are not very juicy. Make a rich biscuit dough. Roll and cut in rounds and put on top of the apples. Sprinkle a little sugar over the top of the biscuits. Bake using a moderately hot oven until biscuits brown and the apples are done. Serve from baking dish. Maude Shaner Dunn

BAKING POWDER BISCUITS: Tartaric acid, 1 oz.; cream of tartar, 10 ozs.; bicarbonate of soda, 5 ozs. Mix thoroughly. This is improved by the addition of 4 ozs. of flour. Source 2, p. 624.

BISCUITS, Baking Powder: Into an earthen mixing bowl, sift together two cups of flour, three teaspoonfuls of baking-powder, a half teaspoonful of salt. Sift twice. Rub in with the finger tips a tablespoonful of butter or lard. Add cold milk gradually until a stiff, spongy dough is formed (about a cup of milk will be required). Turn out on a well-floured board, pat until it is about two inches thick. Cut with biscuit cutter and bake in a hot oven. Source 7, p. 31.

BREAD:
SALT RAISING: Early in the evening scald 2 tablespoonfuls of corn-meal, a pinch of salt and 1 of sugar, with milk enough to make a mush; then set in a warm place till morning; then scald a teaspoonful of sugar; 1 of salt and 1/3 as much soda with a pint of boiling water; then add cold water till lukewarm, and thicken to a thick batter with flour, then add the mush made the night before and stir briskly for a minute or two. Put in a close vessel in a kettle of warm water; not too hot. When light, mix stiff, add a little shortening, and mold into loaves. It will soon rise and will not require as long to bake as yeast bread - 25 to 30 minutes in a good oven. Source 2, p. 398.

CRACKERS: Eleven cups of flour before sifting, 1 cup of lard or butter, 1 teaspoonful soda, 1 teaspoonful salt. Rub all thoroughly in the flour. Add cold water sufficient to knead up stiff, beat with the rolling-pin fifteen or twenty minutes. Roll thin as for pie crust, cut in squares, prick with a fork and bake in a moderate oven until light.

DUMPLINGS:

1 cup flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
1 egg
1/2 cup milk

Sift the flour, baking powder and salt together. Beat the egg well, add the milk, and mix the dry ingredients. Drop by small spoonfuls into the chicken

gravy. Cover tightly and cook for 15 minutes. The top must not be removed while the dumplings are cooking. If the steam escapes, the dumplings will not be light. Source 9, p. 4.

GINGER BREAD:

1 cup sugar
1 egg
2 1/2 cups flour
1 teaspoon soda
1 teaspoon cinnamon
1/2 teaspoon cloves
1/2 cup lard
1/2 cup molasses
1 cup hot water
1 teaspoon ginger
1/2 teaspoon salt

Cream shortening and sugar. Add beaten egg and molasses. Add dry ingredients which have been sifted together. Add hot water. Batter is thin. Bake 35 minutes in a medium oven. Maude Shaner Dunn

NOODLES, Home made:

2 egg yolks
1 cup flour, approximately - use unbleached white four
1/4 teaspoon of salt

Beat egg yolks and add salt. Stir in enough flour to make a stiff dough. Roll out very thinly on a floured surface. Here is where the old-fashioned deal table comes in handy. Let stand 20 minutes or longer to dry. Roll up carefully and then slice into 1/8 inch wide noodles. If you have room in your kitchen, you can spread them out to dry. Otherwise use wax paper over the rungs of a wooden laundry rack. Dry for 2 hours. Drop into boiling salted water or soup. Cook 10 minutes. Store excess in a jar. Maude Shaner Dunn

ROLLS, REFRIGERATOR with mashed potatoes:

1 cup of milk
1/2 cup warm water
1/2 cup shortening
1/4 cup sugar
6 cups of flour
1 cup hot mashed potatoes
1 yeast cake
2 teaspoons of salt
2 eggs

Heat milk and cook potatoes. Mash. Combine potatoes with milk, shortening, and sugar. Cool and add yeast. Yeast is dissolved in the 1/2 cup of water, the beaten egg, and 1/2 flour and salt. Let rise 1 hour or doubled. Add remainder flour and mix. Place in cool place in greased bowl, covered, for at least 3 hours. Roll out, cut. Let double in bulk. Bake in hot oven 15 to 20 minutes. Rose Dunn Swigert

SNOW CAKES: The use of snow as a substitute for yeast, or other leavening substances, is not new, though it is not known to all how to use it. The

following recipe is vouched for. Put corn meal into a good-sized wood or other bowl, with sugar and salt to the taste; then add twice or three times its bulk of snow, and stir it together with a spoon. When well mixed, it appears like so much dry meal or snow. Fry a little on a hot griddle; if it cooks too dry to turn well, add more snow; if too wet to be light, add more meal; when just right, fry on the griddle, in convenient sized cakes, and they will be just as light as can be desired. Source 11, p. 56.

CAKES

GINGER SNAPS: sugar, 2 cups; 2 eggs; fried meat gravy, 1 cup; cider vinegar, 1 tablespoonful; ginger, 1 tablespoonful; soda, 1 large teaspoonful; flour enough to roll; bake in a quick oven.
or
Lard or butter, 1 cup; molasses, 1 cup; ginger, 1 tablespoonful; soda, 1 heaping teaspoonful; flour enough to make a stiff dough, roll quite thin, cut with cake cutter and bake quick. Source 2 p. 379.

MORGAN'S DARK CAKE: 1 cup sugar, 1/2 cup shortening, 1 egg and 2 more yolks, 1 cup of sweet milk, 4 heaping tablespoons of cocoa, 2 cups flour, 1 scant teaspoon soda, 2 teaspoons baking powder, pinch of salt. Nuts may be added. Bake in a long loaf pan. Icing - 2 egg whites unbeaten, a few drops vanilla and stir in enough powdered sugar to thicken. Have it ready and put on the cake as soon as it comes from the oven. The heat from the cake cooks it a little and makes it fluffy. Source 3, Mrs. Robert Morgan, p. 58.

POTATO CAKE: 2 cups sugar, 3 eggs, 1 cup butter, 1 cup cold potatoes, 3/4 cup melted chocolate, 1 cup chopped walnuts, 2 cups raisins, 2 cups flour, 1/2 cup milk, 2 teaspoons baking powder, 1/2 teaspoon salt, 1 teaspoon vanilla, 1 teaspoon cinnamon, nutmeg, cloves, add yolks of eggs, cream sugar and butter, add egg yolks and the other ingredients. Beat whites of eggs stiff and fold in last. Source 3, Mrs. R. Schonack, p. 57.

SPANISH CHOCOLATE CAKE: 1 1/2 cup sugar, 2 eggs, 3/4 cup sweet milk, 1 1/2 cup flour, 1 level teaspoon soda, 1/2 cup shortening (lard) or use part chicken fat, 2-3 cups cocoa (scant), salt, vanilla. Sift soda with flour and combine all ingredients except cocoa as usual in making cake. Beat thoroughly. Stir boiling water in cocoa till it is a smooth creamy paste, add last and bake in loaf or layers. Do not jar while baking. Source 3, Mrs. S. D. Moore, p. 58.

OLD FASHIONED DEVIL FOOD CAKE: Part 1 - 1 cup sweet milk, 1 cup brown sugar, 1 cup Baker's chocolate, yolk of 1 egg. Cook until it just comes to a boil. Cool and add Part 2 - 1 cup sugar, 2 eggs beaten separately, 1/2 cup butter, 1/2 teaspoon soda dissolved in the beaten yolks, 1/2 cup sweet milk, 2

teaspoons baking powder, 2 cups flour. Add the egg whites last. Bake slowly. Put together with chocolate frosting. Source 3, Mrs. M.W. Conway, p. 58.

GLENS FALLS SPONGE CAKE - Put 3/4 cup cold water in quart dish. Drop in the yolks of 3 eggs and beat until cup is full. 1 1/4 cup sugar in another dish which must be large, add the yolk mixture to the sugar and beat 7 minutes with an egg beater. Have ready 1 1/2 cups flour, measured before sifting and sifted several times with 1 level teaspoon baking powder and 1/4 teaspoon salt. Fold flour into sugar and egg mixture, add flavoring, then fold in beaten whites and bake as you would an angel cake. Use the next day. Source 3, Mrs. E.S. Avey, p. 51.

SPICE CAKE: 1 cup sugar, 1/2 cup shortening, 1 cup milk, 2 eggs, separated, 1 teaspoon each of cinnamon, nutmeg, allspice, and cloves, pinch of salt, 2 1/2 cups flour, 2 rounding teaspoons baking powder. Bake in layers and put together with a raisin filling made by adding ground raisins to a boiled icing. Source 3, Martha Beckwith, p. 52.

PRUNE CAKE: 1 cup prunes and juice, 1 cup sugar, 1/2 cup butter, 4 eggs, 3 tablespoons milk, 1 teaspoon each of cinnamon, nutmeg, allspice, and vanilla, 1 teaspoon soda, 1 cup chopped walnuts, 3 1/2 cups flour. Source 3, Mrs. Knute Wennberg, p. 52.

APPLE SAUCE CAKE: 1 cup of sugar, 1/4 cup of butter, 1 1/2 cups of apple sauce, 2 cups of flour, 1 cup of raisins, 1 cup of walnuts, 1 teaspoon each of cinnamon and nutmeg, 1/2 teaspoon of cloves, 2 teaspoons of soda sifted in the flour. Mix as ordinary cake and bake 1 1/4 hours in a slow oven. Source 3, Mrs. Naomi Byles, p. 53.

NUT CAKE: 1 1/2 cups of sugar, 1/2 cup of butter, 3/4 cup of sweet milk, 2 cups of sifted flour, 2 teaspoons of baking powder, 4 egg whites beaten stiff, 1 cup chopped walnuts, 1 teaspoon of vanilla. Bake in a square loaf pan and ice with a white icing, decorate with halves of walnuts. Source 3, Mrs. L.J. Wakefield, p. 53.

WHITE LOAF CAKE: 1 and 1/2 cups of pulverized sugar, 1/2 cup of butter, 1 1/2 cups of flour, 1/2 cup of corn starch, 1/2 cup of sweet milk, 2 teaspoonfuls of baking powder, flavor with a few drops of lemon or vanilla extract, whites of 6 eggs. Source 3, Mrs. C.S. Beckwith, p. 53.

WIND CAKE: 3 eggs yolks and 3/4 cup cold water, beat together until bubbles disappear or until mixture makes 1 quart. Add 1 1/4 cups sugar sifted 4 times and beat 1 minute, fold in 1 1/4 cups flour that has been sifted 3 or 4 times. fold in egg whites beaten stiff in which there is 1/4 teaspoon cream of tartar and 1/2 teaspoon salt. Flavor to taste and bake in ungreased angel cake pan 3/4 hour. Source 3, Mrs. Nellie Wakefield, p. 53.

SWEDISH WHITE FRUIT CAKE: 1 cup sugar, 1 cup butter (scant), 2 cups flour, 4 eggs, 1/2 teaspoon baking powder, a few grains of salt. Add nuts, candied cherries, or Maraschino cherries, and candied pineapple. Notice this recipe calls for no milk. Bake from 45 minutes to 1 hour in a moderate oven. This cake will keep. Source 3, Mrs. O.G. Metzger, p. 55.

BOILED ICING: Powdered sugar, 2 cups; boiling water, 1 gill*; whites of 2 eggs, flavoring (such as lemon, vanilla, orange, cinnamon water) to suit. Pour the boiling water upon the sugar in a suitable dish, upon the stove and boil until it readily creams or "hairs", then pour this hot upon the beaten whites, and beat until cool, when it is ready to use, when the cake is cool. *(4 gills = 1 pint)

COOKIES

NUT SQUARES: 1 cup of chopped nuts, 1 cup of brown sugar, 1 egg beaten light, 1/4 teaspoon of soda, a pinch of salt, 5 tablespoons of flour. Bake in a pan 1/2 inch thick and cut in squares. Source 3, Mrs. A. E. LeRoy, p. 47.

CHOCOLATE DROP COOKIES: 1 cup of brown sugar, 1/2 cup of butter, 1 egg well beaten, 1/4 teaspoon salt, 1/2 cup of sour milk, 1/4 teaspoon of soda, 1/4 teaspoon of baking powder, 2 squares Bakers' melted chocolate, 1 1/2 cup of flour, and English walnuts. Mix in order given, drop from spoon onto a buttered pan. When taken from the oven cover immediately with the following icing: 1 egg beaten, 1 3/4 cups of powdered sugar, 1 tablespoon of cream, 1 square of melted chocolate, 1 teaspoon vanilla. Source 3, Mrs. A. A. Foote, p. 47.

DROPPED ROLLED OATS COOKIES: 1 cup sugar, 1/2 cup shortening, 1 cup flour, 2 cups rolled oats, 1/2 cup milk, 1 teaspoon cinnamon, 1 teaspoon baking powder, 1 teaspoon salt (scant), 2 eggs beaten and added last. A few nuts or raisins may be added. Drop a teaspoonful for each cookie and bake in a moderate oven. Source 3, Mrs. Earle France, p. 49.

DAIRY

BUTTER: Warm the cream to a temperature of 56 or 58 F. and it will churn in fifteen minutes. After the butter collects in the churn, take it out and stand it for a minute in a very cold place. Do not wash it, as this way you rob it of certain elements necessary for its preservation. Work it continuously and thoroughly until all the buttermilk is out, adding 2 even teaspoonfuls of very fine salt to teach pound of butter, after you have worked it about five minutes. Make it at once into prints, and stand away in a cool place. HOW TO PRESERVE BUTTER: First work your butter into small rolls, wrapping each one carefully in a clean muslin cloth, tying them up with a string. Make a brine, say three gallons, having it strong enough of salt to bear up an egg; add a half teacupful of pure white sugar, and 1 tablespoonful

of saltpeter; boil the brine, and when cold strain it carefully. Pour it over the rolls so as to more than cover them, as this excludes the air. Place a weight over all to keep the rolls under the surface. Source 15, p. 376.

EGG WHITES, HOW TO WHIP: On breaking eggs, take care that none of the yolk becomes mingled with the whites. A single particle will sometimes prevent their foaming well. Put the whites into a large, flat dish, and beat them with an egg beater made of double wire, with a tin handle, or with a cork stuck cross-wise upon the prongs of a fork. Strike a sharp, quick stroke through the whole length of the dish. Beat them in the cellar or in some other cool place, till they look like snow, and you can turn the dish over without their slipping off. Never suspend the process, nor let them stand, even for one minute, as they will begin to return to a liquid state, and cannot be restored, and thus will made heavy cake. Source 11, p. 372.

CHEESE: Scald 2 gallons of sour milk. Strain it. Have 1/2 teaspoon soda and a 1/2 cup butter to the curds. Let this stand 2 hours. Place in double boiler, and add 1 teaspoon butter-yellow coloring and 2 teaspoons salt, stir and add one cup very sour cream, and cook 1/2 hour or until curds are dissolved. Pour into any kind of mold, either square or round. Be sure to get most of the whey out of the curds or else the cheese will be soft. Source 5.

MAPLE ICE CREAM: 1 cup maple syrup, 2-3 cup water, 1 1/2 tablespoon flour, 2 eggs, 1 teaspoon vanilla, 1 teaspoon lemon juice, pinch of salt, 1 1/2 cup whipping cream, 1/2 cup single cream. Make a thin paste of flour and a small amount of water. Combine the remaining water with syrup and bring to boiling point. Carefully add hot syrup mixture to paste, stirring constantly. Return to fire and cook for ten minutes. Add to well beaten egg yolks and continue to cook in top of double boiler five minutes, stirring constantly. When this reaches the consistency of thin custard, remove from fire and when partly cooled add to stiffly beaten egg whites to which salt has been added. Whip cream and add vanilla. Combine mixture with whipped cream and pour into tray to freeze. Source 3, Mrs. Paul A. Davis, p. 45.

MILK BEER: One quart of new milk, 3 or 4 lumps of white sugar, 1 gill* of fresh buttermilk. Mix until the sugar dissolves. Let stand in a warm place ten hours, where it will have thickened; then pour from one vessel into another until it is smooth and thick. Bottle and keep in a warm place 24 hours - in winter it may take 36 hours. Cork the bottle tight; tie the corks down. Shake for a few minutes before using. *(4 gills = 1 pint). Source 15, p. 368.

WHEY: Skimmed milk, two quarts, and a piece of calves' rennet.* Mix, and put in a warm place until it coagulates, and then strain. *(stomach lining used for curdling milk). Source 1, p. 420.

GARNISHES AND DRINKS:

GINGER BEER, Quickly Made: A gallon of boiling water is poured over three-quarters of a pound of loaf sugar, one ounce of ginger, and the peel of one lemon; when milk warm, the juice of the lemon and a spoonful of yeast are added. It should be made in the evening, and bottled next morning in stone bottles, and the cork tied down with twine.

TOMATO CATSUP:

1 peck of ripe tomatoes
1/4 teacup of salt
1 teaspoon of cloves
1 quart good vinegar
2 teacups of brown sugar
2 tablespoons of cinnamon
6 onions, chopped fine

Boil tomatoes and put through colander. Add all except vinegar and boil 2 hours. Add vinegar and boil until thick. Seal. Maude Shaner Dunn

PICKLED CRAB APPLES, PEARS, PRUNES, PEACHES: Take 3 lbs. of fruit, 4 cups of sugar, 1/2 cup vinegar, 1/2 cup water, 2 to 3 whole cloves, 1/4 cup stick cinnamon. Make sure it boils well add spices and fruit. Cook tender. Seal. Maude Shaner Dunn

HOT CIDER PUNCH: Bake three large spicy apples until very soft. Put the pulp, separated from skin and core into a pitcher with a teaspoon of cinnamon and half a teaspoon each of grated nutmeg and allspice. Mix well and add it to two quarts brought just to the boiling point. Source 13, p. 29

CAULIFLOWER PICKLES: Choose such as are fine and of full size, cut away all the leaves, and pull away the flowers by bunches; soak in brine that will float an egg for two days, drain, put in bottles with whole black pepper, allspice, and stick cinnamon; boil vinegar, and with it mix mustard smoothly, a little at a time, and just thick enough to run into the jars, pour over the cold cauliflower, and seal while hot. Source 15, p. 394.

COFFEE, HOMEMADE: Made during World War I. Use an ordinary coffee pot, add a small amount of coffee, if you have it.

6 cups wheat bran
2 egg whites, 1 whole egg can be used, but the whites are preferable
1 cup New Orleans molasses

Spread in pan and place in a very moderate oven and brown very slowly. Stir frequently to brown evenly and to prevent burning. Use as you would coffee. Maude Dunn

JELLY, COFFEE: Dissolve two tablespoonfuls of gelatin in cold water. Add one pint of boiling coffee, strained and sweetened. Pour into a mold which has

been rinsed in cold water. A few drops of almond flavoring may be used. Place on ice, after cooling, for five hours. Serve with whipped cream. Source 7, p. 31.

MAYONNAISE, Cooked: Cook together 1/2 cup of flour and 1 cup of water until thick and clear like starch, adding a little more water if necessary, but have it real thick. In a bowl put 2 egg yolks, 1 cup of oil, 1 teaspoon of dry mustard, 1 teaspoon of salt, 1/2 teaspoon of paprika. Pour the hot mixture over it and beat all together until thick, then add 3 tablespoons of vinegar. Source 3, Mrs. Frank Langenbach, p. 7.

CORN RELISH: 36 ears of corn, 4 peppers, 1 good sized head cabbage, 8 onions, 2 cups sugar, 1/2 cup salt, 2 1/2 cups vinegar, 1 teaspoon turmeric, 1 tablespoon mustard, 2 tablespoons flour, red pepper to taste. Cook the vegetables in the vinegar and salt until tender then add the rest. Can while hot. Source 3, Mrs. A.E. LeRoy, p. 67.

PICKLES, THE BEST IN THE WORLD: Soak large cucumbers (6 inches or more) in very cold water for 5 hours, cut lengthwise in about 5 pieces. Pack very closely into quart jars with 3 stalks of celery and 3 slices of onion to each jar. Drain off all juice after packing in jar. Bring to a boil 1 quart vinegar, 1 cup sugar, 1-3 cups salt. Pour over the cucumbers while hot and seal at once. Source 3, Mrs. Rhode Maxwell, p. 68.

PICKLES, SWEET: Wash, wipe, and dry 300 small cucumbers, sprinkle all through them 2 - 3 cups of salt, then cover them with boiling water. Let stand over night or until cold. Remove from brine and put in crock. Add to 1/2 gallon cold vinegar 4 heaping tablespoons mustard, the same of salt and sugar and 1/2 cup of pickling mixed spices and turn this over the cucumbers and weight down so that all are under the vinegar. Next weight out 3 lbs. sugar and each morning add a handful to the pickles, stirring well until all the sugar is used. They can then be put in quart jars or left in the crock. Source 3, Mrs. J. Louis Shapley, p. 67.

PICKLED CHERRIES: Select cherries not over ripe. Leave on an inch of stem. Put into a jar and cover with cold vinegar. Leave three weeks. Then pour off two-thirds of the liquor. (This boiled with a pound of sugar to the pint is a very fine syrup, good for pudding sauce, or diluted with water, is a pleasant drink). Put fresh vinegar over the cherries to replace that poured off. Then drain it all off, and to each quart add 1 ounce coriander seed, 1 blade of mace, a pinch of cayenne, and 4 bruised cochineals, all tied loosely in a piece of thin muslin. Boil it, and when cold pour it over the cherries. In a month they will be ready for use.

SALAD DRESSING: Beat the yolks of two eggs well and add salad oil drop by drop until mixture is thick. Thin with vinegar and then add salt. Be sure and leave the salt until the last thing, or it will curdle. Source 7, p. 31.

DRESSING FOR FRUIT: 1 cup pineapple juice, 5 tablespoons vinegar, 1 tablespoon lemon juice, 1 cup sugar, 3 eggs, 1 tablespoon flour, a little salt, butter the size of an egg. Cook altogether in a double boiler stirring all the time until it thickens. Set aside to cool. When cool add 1 cup of marshmallows cut up small then cone cup of whipped cream. Source 3, Jim Oppelt, p. 7.

VINEGAR: Fourteen pounds of coarse brown sugar, 10 gallons water, 1 cupful of brewers' or bakers' yeast. Boil the sugar with 3 parts of the water, and skim. Remove from the fire, and pour in the cold water. Strain into a ten gallon keg. Put in some small pieces of toast with the yeast. Stir every day for a week. Then tack gauze over the orifice. Set where the sun will shine on it, and let remain six months, by which time, if made in the spring, it will be vinegar.

Always save all the currants, skimmings, pieces, etc. left after making jelly, place in a stone jar, cover with soft water previously boiled to purify it, let stand several days, in the meantime take your apple peelings, without the cores, and put on in a porcelain kettle, cover with water, boil twenty minutes, drain into a large stone jar; drain currants also into this jar, add all the rinsings from your molasses jugs, all drips of syrups, etc, and when jar is full, drain off all that is clean into vinegar keg (where, of course, you have good cider vinegar to start with). If not sweet enough, add brown sugar or molasses, cover the bung hole with a piece of coarse netting, and set in the sun or by the kitchen stove. In making vinegar always remember to give it plenty of air, and it is better to have the cask or barrel (which should be oak) only half full, so that the air may pass over as large a surface as possible. Vinegar must also have plenty of material, such as sugar, molasses, etc., to work upon. Never use alum or cream of tartar, as some advise, and never let your vinegar freeze. Paint your barrel or cask if you would have it durable. Source 15, p. 398.

PIES

CRUST:

Never Fail Pie Crust: 1 quart flour, 1 heaping cup shortening, 1 heaping teaspoon baking powder, 1/2 teaspoon salt. Sift dry ingredients, add shortening cutting in until consistency of corn meal. If two crusts are needed, take out two cups of mixture and add enough water to make soft dough, then put remaining mixture in cool place until ready to use. Source 3, Mrs. B. I. Palmer, p. 35.

Pastry: To every quart of sifted flour allow the yolk of 1 egg, the juice of 1 lemon, 1 saltspoonful of salt, and 1 lb. of fresh butter. Make a hole in the flour, in which put the beaten egg, the lemon and salt, and mix the whole with ice water into a soft paste. Roll it out, put the butter, which should have all the buttermilk thoroughly worked out of it, on the paste and fold the edges over so as to cover it. Roll it out to the thickness of a quarter of an inch; fold over one-third and roll, fold over the other third and roll, always rolling one way. Place it with the ends toward you, repeat the turns and rolls as before twice. Flour a baking sheet, put the paste in it on ice or in some very cool place half an hour, roll twice more as before; chill again for a quarter of an hour, give it two more rolls and it is ready for use. Source 2, p. 355.

MRS. ROHER'S PUFF PASTE: (Mrs. Roher presided over the cooking school at the World's Fair). One pound of sifted flour, 1 pound of good butter, 1 teaspoonful of salt, 1 teaspoonful of sugar, white of 1 egg, a cup or more of ice water. Scald a large bowl, then fill it with cold water and let stand until the bowl is cold. Wash the hands in hot soapsuds, then rinse them in cold water, but do not dry them. This prevents the butter from sticking to the hands and bowl. Turn the water out of the bowl, and nearly fill it with ice water, put the butter into it and wash by working it with the hands under the water until it becomes soft and elastic; then put it into a cake, and put it on the ice until wanted. Put the flour on a marble slab or a very large meat plate, make a well in the center of it, and put into this well a lump of the washed butter the size of an egg, the white of the egg, sugar and salt. Now work this with the thumb and two fingers to a paste, add gradually the ice water, and gradually work in the flour. When all is worked in, knead the as you would bread for five minutes, then cut the paste into halves, roll out each half into a sheet, quickly break the butter into bits, and lay it over one sheet; dredge it thickly with flour; cover with the other sheet, pound lightly with the rolling-pin; roll from you into a long, thin sheet; now fold in first the sides, then the ends; turn the paste around so that the fold will run to and from you. Now roll from you again, fold as before, place it on a tin pie dish and stand it away on the ice for fifteen minutes, then roll and fold twice again, and again stand on the ice. Do this until you have rolled it eight times. Let is stand on the ice over night, and it is ready for use.

Cream Pastry or Pie Crust: This is the most healthy crust that is made. Take cream, sour or sweet; add salt and stir in flour to make it stiff; if the cream is sour add soda in proportion of one teaspoonful to a pint; if sweet, use very little soda. Source 2, p. 356.

Pea Pie-Crust: Stew the split peas as for dinner. Strain through a colander or coarse sieve. Then add equal parts good wheat meal (sifted Graham will do nicely) and fine corn meal to make a soft dough. Knead well for fifteen minutes, adding mixed meal enough to make a moderately stiff dough, then roll out and use as any other pie-crust. As it cooks very quickly, it is not best

to put in for a filling any fruit that requires long cooking. Source 2, p. 357.

Lard or dripping can be substituted.

CHESS PIE: 1 cup of butter, 1 cup of sugar, 1 cup of raisins, 1 cup of nuts, 1 cup of sweet milk, 4 eggs. Save out 3 whites for the frosting. 1/2 teaspoon vanilla. Mix and bake in gem pans that have been lined with pie dough. Source 3, Mrs. Stenrud, p. 36.

COCONUT CREAM PIE: Put 1 pint of rich milk in a double boiler. Mix 1/2 cup sugar, 2 rounded tablespoons of flour 2 egg yolks, a few grains of salt and a little milk. When well blended add to the hot milk and cook 15 minutes; add 1/2 cup of coconut and 1/4 teaspoon of vanilla. Cool slightly and pour into baked pastry shells. Use the whites of eggs to meringue the pie. Sprinkle with coconut and brown slightly. Source 3, Mrs. O.C. Musgrove, p. 35.

CREAM APPLE PIE: 1 cup apple sauce, sweetened and flavored with cinnamon and vanilla. Drop by spoonfuls in the bottom of an unbaked pie crust, just here and there. Do not cover the bottom. Beat the yolks of 3 eggs, add 1/2 cup sugar, 1 cup milk and pour over the apples and bake. Source 3, Mrs. Lloyd Weir, p. 38.

GOOSEBERRY PIE: 1 1/2 cups sugar, 1 tablespoon flour, yolks of 3 eggs, 1 tablespoon butter. Cream sugar and butter, add egg yolks and flour, pour over gooseberries that have been put in a crust, and bake like a custard. Meringue the top with whites of eggs. Rhubarb may be used the same way. Source 3, Mrs. W. H. Johnson, p. 36.

GREEN TOMATO PIE: 4 or 5 small green tomatoes, large 1/2 cup sugar, 2 tablespoons flour, 1 tablespoon butter, 1 tablespoon strong vinegar, 1/2 teaspoon cinnamon, 4 tablespoons boiling water. Prepare rich pie curst and line out pie plate. Put about half the sugar and flour in the center of pan and mix, then spread evenly over the bottom of the crust. Now pare the tomatoes and slice real thin, putting about two layers of slices on top of the sugar and flour. (Be sure that the tomatoes are hard and green and have not started to ripen). Put small bits of butter over the tomatoes and drop the vinegar over the mixture evenly. Mix remaining flour and sugar and sprinkle over the top with cinnamon. Have a top crust ready. Moisten edges of lower crust, add the 4 tablespoons water and seal at once. Bake in moderate oven. Source 3, Gladys Heatley, p. 38.

LEMON PIE: One lemon, melted butter, 1 tablespoonful; water, 6 tablespoonfuls, corn starch, 1 table-spoonful (flour will do, but not quite as good); eggs, 2; sugar, 6 tablespoonfuls. Grate of the yellow, or zest of the lemon, as it is called - peel off the white part and throw it away-then grate up the pulp, if you have a coarse grater, or chop it fine having picked out

the seeds. Put starch or flour in the water, and stir as for gravies; then stir in the melted butter and 3 spoonfuls of the sugar, and the beaten yolks of the eggs with the grated yellow and pulp of the lemon. Make with one crust only, and when baked properly, having beaten the whites of eggs with the balance of the sugar for frosting, put it on and give it a nice brown. Powdered sugar is the best for frosting.

MINCEMEAT: 2 quarts cooked meat and liquid in which it was cooked, 1/2 lb. ground suet, 2 lbs. raisins, 1 cup vinegar, 3 cups brown sugar, 3 quarts diced apples, 2 tablespoons ground cloves, 1 teaspoon cinnamon. Source 3, Mrs. J.E. Murrey, p. 38.

MINCEMEAT:

8 cups or 2 quarts meat
16 cups or 4 quarts apples, chopped
2 cups brown sugar
1 cup of white sugar
1 teaspoon allspice
1 teaspoon ginger
1 teaspoon nutmeg
2 lbs raisins or dried fruits
1 Tablespoon salt
Some honey
2 teaspoons of cinnamon
1 teaspoon cloves
1 teaspoon ginger

Cider or sweet pickle juice vinegar. Rind and juice of 1 orange and lemon. Cook slow. Seal. Some recipes call for fresh beef's tongue as the meat.

OR

6 lbs. of beef
2 oz. allspice
2 lbs. currants
5 lbs. sugar
2 oz. cloves
1/2 lb. of citron
Graded rind and juice 2 oranges
Sufficient salt
5 lbs. of suet
1/2 pint molasses
1 lb. almonds
1 oz. cinnamon
2 lbs. raisins
12 lbs. apples
Graded rind and juice 2 lemons

Cover meat with boiling water, and simmer gently until tender. Then stand away until cold. Shred the suet and chop it fine. Pare, core, and chop apples. Stone the raisins. Shred the citron. Blanch and chop the almonds. When the meat is perfectly cold, chop it fine. Mix all the ingredients together adding sufficient boiled cider to suit the taste. Boil it all together well and pack into a stone jar. Maude Shaner Dunn

MOCK MINCE MEAT: 3 lbs. green tomatoes, 3 lbs. chopped apples, 2 lbs. raisins, chopped, 8 cups brown sugar, 2 tablespoons salt, 1/2 cup butter or 1 cup suet, 1 cup vinegar, 2 teaspoons cloves, 1 teaspoon nutmeg. Directions - chop tomatoes and drain. Measure the juice and add equal amount of water to the pulp. Scald the mixture and drain off liquid. Repeat twice this process

of scalding and draining. To the mixture add apples, raisins, salt, butter, spices and cook until clear. Add the remaining ingredients and cook until thick. Put in jars and seal. Source 3, Mrs. Stanley Claflin, p. 38.

MOCK LEMON PIE (Rhubarb): 1 cup sugar, 1 heaping tablespoon flour, yolks of 2 eggs, 2-3 cups of boiling water, 2-3 stewed rhubarb, 1 teaspoon lemon extract. Mix sugar, flour, eggs and extract then pour on the water then the pie-plant. Bake in a single crust. Meringue the top with the two egg whites beaten stiff and sweetened with a little sugar. Source 3, Mrs. Grace Brown, p. 36.

RAISIN PIE: Line a pie plate with crust and put in this filling: Seed half a cupful of soft raisins and soak them in a cupful of water for 2 hours. Add to them at the end of that time, a well beaten egg, a cupful of sugar and the juice and rind of a lemon. To the sugar before adding it to the raisins, add a tablespoon of cornstarch and a tablespoon of flour. Cook the mixture until it thickens. Cover with an upper crust and bake brown. Source 3, Mrs. O.M. Gordon, p. 36.

SOUR CREAM PIE: Line a pie plate with pie crust, set it aside. Take 1 whole egg and yolk of 2, beat well and add 1 cup sugar, beat well and add 1 cup sour milk and cream, 1/2 of each, mix well. Add 1 teaspoon of lemon, 1 cup raisins, 1/2 teaspoon salt, 1/4 teaspoon cloves, 1/4 teaspoon cinnamon, 1 tablespoon flour, mix well and pour into pie plate, bake until it gets firm in center. Beat 2 egg whites, add 1/2 cup white sugar, spread over hot pie, return to oven to brown. Extra nice. Source 3, Mrs. G. Birdsey, p. 37.

PUDDINGS AND OTHER DESSERTS:

CANDY

APPLE CANDY: 2 cups applesauce (tart), 4 tablespoons cornstarch, 2 cups sugar, 1 cup chopped walnuts, coloring and flavoring if desired. Cook applesauce until thick and smooth; add sugar and cornstarch mixed and cook to a hard ball stage. When cool, turn out, cut in cubes and toss in a mixture of three parts powdered sugar to one of cornstarch. Wrap each piece in papers. Source 3, Gladys Heatley, p. 65.

HOREHOUND CANDY: Boil 2 ounces of dried horehound in a pint and a half water for about half an hour; strain and add three and a half pounds brown sugar. Boil over a hot fire until it is sufficiently hard, pour out in a flat, well-greased tin trays, and mark into sticks or small squares with a knife, as soon as it is cool enough to retain its shape. Source 15, p. 409.

MAPLE CANDY: One cupful granulated sugar, one and one half cupfuls maple syrup, butter the size of walnut. Cook until it hardens. Source 15, p.408.

MOLASSES CANDY: One cup of New Orleans molasses, 1 cup of brown sugar, 1 tablespoon vinegar, 1 ounce of melted butter. Mix all together and boil without stirring until it hardens when dropped in cold water. Then add a teaspoonful of baking soda, and pour into buttered tins. Or, when cool, pull and cut in sticks. While pulling, brush the hands with butter or moisten them with ice water. The longer it is pulled, the whiter and nicer it will become, both in color and taste. Source 15, p. 407.

VINEGAR CANDY: Three cupfuls sugar, one half cupful water, one half cupful vinegar. Stir before putting on the stove, but not after. When partly done add 1 teaspoonful butter. Just before removing from the stove, stir in one half teaspoon soda dissolved in a few drops of hot water. When cool enough to handle, pull white with the tips of the fingers. Source 15, p. 408.

DATE CRUMBLE DESSERT: First Portion: 1 3/4 cups rolled oats, 1 1/2 cups flower, 1 cup brown sugar, 3/4 cup butter, 1 teaspoon baking powder, 1 teaspoon soda. Mix with hands until crumbly. Spread half of this mixture in bottom of oblong buttered cake tin, saving remaining half to put on top after filling has been spread on bottom layer. Second portion (filling): 2 cups brown sugar, 1/2 cup white sugar, 1 lb. cut dates, 1 cup chopped nuts, 1 teaspoon vanilla, 6 rounding tablespoons flour, lump of butter, 1 1/2 cups milk. Heat milk and melt butter in double boiler, thicken with paste made of sugar, flour and small amount of cold milk. Remove from fire, add balance of ingredients and put together as directed above. Bake in moderate oven 45 minutes. When cold, cut in cubes and serve with whipped cream. Source 3, Mrs. Rufas Arland, Montesano, p. 41.

TWO DOZEN DOUGHNUTS: 1 egg, 1 1/2 teaspoons baking powder, 1/2 cup milk, 1/2 level cup sugar, 1 1/2 level cups flour, 1 tablespoon fat, and vanilla. Source 3, Mrs. John Mullenix, p. 49.

DATE BREAD: 1 lb. of dates, cut, 2 tablespoons of butter, and pour 2 cups of boiling water over it. 1 cup of sugar, 2 eggs. Mix and put in the dates, and water, 4 cups of flour, 2 teaspoons of soda, 2 rounded teaspoons of baking powder. Source 3, Mrs. Dawson Boling, p. 31.

DOUGHNUTS: 1 1/4 cups sugar, 2 tablespoons melted fat, 2 eggs, 1 cup sour cream, 1 tablespoon soda, 1 teaspoon salt, 1 teaspoon vanilla, cinnamon to taste, flour to make soft dough. Source 3, Mrs. Earle France, p. 49.

PLUM OR SUET PUDDING: Bread crumbs, 1 lb. (3 1/2 cups); sweet milk, 1 qt., eggs, 6, sugar 1 cup, suet, skinned and chopped [most recipes do not indicated amount, evidently 1 large cup-used in place of shortening]; English currants and raisins, each 1 lb.; sliced and chopped citron, 1/2 lb.; cinnamon, cloves, nutmeg and allspice, each 1/2 teaspoonful; sifted flour to make a thick batter; pour into the flannel cloth, tie, leaving very little room for swelling, and plunge into a large kettle of boiling water, and boil for 7

hours, in a well covered kettle, pouring in boiling water, if needed, to keep the pudding covered all the time. Will keep for several weeks. Serve with sauce: Sugar, 2 cups, dissolved in boiling water, 1/2 pt.; flour or corn starch, 2 tablespoons, worked smooth, in cold water, 1 cup, and stirred into the boiling sugar, with nice butter, the size of an hen's egg, then add two or three tablespoons of good vinegar (more or less as a sharp or mild taste is preferred); or brandy, or good wine in like quantities to suit the taste of self or guests, with cinnamon, nutmeg, or other flavor as you like. Source 2, p. 333.

or

1 lb. suet, 1 lb. raisins, 1 lb. sultanas [a pale yellow seedless grape], 1 lb. currants, 1/2 lb. brown sugar, 1/2 lb. bread crumbs, 1/2 lb. flour, 10 oz. candied peel, 1/2 teaspoon salt, 1 teaspoon mixed spice, 8 eggs, 1/2 lb. almonds. Method - mince the suet very finely with some of the flour, stone raisins, pick off all stalks from sultanas, wash and dry currants, sift the bread crumbs, cut the peel in thins slices, blanch the almonds and chop them, beat the eggs to a froth. Mix in following order: flour, salt, spice, sugar, bread crumbs, fruit, peel, lastly the eggs; stir for twenty minutes until well mixed, turn into a greased mold or two small ones, flour cloth, tie over top, and place in boiling water. Boil for ten hours. This makes one fair sized pudding. Source 3, Elsie Heatley, p. 43.

QUINCE PUDDING: 1 pint flour, 2 tablespoons baking powder (rounding), pinch of salt, 2 tablespoons butter and water enough to make a smooth batter, not too stiff. Stir in 1 cup quince preserves. Bake quickly like biscuit, sifting some sugar over the top when nearly done. Serve with sweetened whipped cream. Other kinds of preserves or jam may be substituted and makes a good pudding. Source 3, Mrs. Kate Sherwood, p. 42.

ZWIEBACH DESSERT: 1 package zwiebach, grind, set aside 1 small cupful, with the remainder mix 3/4 cup sugar, 1/2 cup melted butter, 1 teaspoon cinnamon, pat down in pan and bake 10 minutes in a slow oven. Set aside. Make a custard of 1/2 cup sugar, 3 egg yolks, 2 tablespoons corn starch just rounded rather level, 1 teaspoon vanilla, a pinch of salt, 2 cups milk. Cook in double boiler until thick, spread over the zwiebach in pan. Beat the egg whites until stiff and 1/2 cup sugar, spread over custard, over all sprinkle remaining zwiebach and bake 20 minutes in slow oven. Source 3, Mrs. Frank Chapman, McCleary.

BRANDY PEACHES: Take large white or yellow freestone peaches. (They must not be too ripe). Scald them with boiling water; cover, and let stand until water becomes cold. Repeat this scalding, then take them out, lay them on a soft cloth, cover them over with another cloth, and let them remain until perfectly dry. Now put them in stone jars, and cover with brandy. Tie paper over the tops of the jars, and let them remain in this way one week. Then make a syrup, allowing 1 pound of granulated sugar and half pint of water to each pound of peaches. Boil and skim the syrup, then put in the peaches and simmer until tender, then take the peaches out, drain, and put them in glass jars. Stand the syrup aside to cool. When cold, mix equal quantities of this syrup and the brandy in which you had the peaches. Pour this over the peaches, and seal. Source 15, p. 52.

MEAT

To protect meat from flies in the summer, hang the meat in an unused stove that is still connected to the chimney. The fresh air coming down the chimney always preserves their flavor, and also keeps them well protected from flies. Source 15, p. 163.

BEEF

BRAINS, CREAMED

1 brain — 1 cup white sauce
salt — pepper
paprika

Cover brain with slightly salted cold water. Let stand 2 hours. Drain. Cover with boiling water, boil 20 minutes. Chill quickly. Remove the fibers. Cut in pieces. Add white sauce. Season to taste. If desired 1 Tablespoon chopped green peppers and 1 Tablespoon pimento may be added.

BRAISED BEEF: Take a tender pot roast. Brown in frying pan with hot drippings. Turn meat so it will brown quickly, and not lose its flavor and juice. Cook till it is good and brown on both sides. Remove to a roaster or covered kettle. Rinse the pan with 1/4 cup of boiling water to save all browned bits. Pour over meat. Cover tightly and continue cooking another hour. 1 onion, 1 carrot, few sprigs parsley (chop these up), 2 tablespoons butter, 1/2 cup diced celery, 1 cup canned tomatoes, salt and pepper. Brown onion and carrot in hot fat. Then add parsley, celery and tomatoes. Heat thoroughly, add seasonings. Source 3, Mrs. Edna Breaty, p. 14.

CALVES' FEET JELLY: Take two calves' feet, and add to them one gallon of water; boil down to one quart; strain, and when cold, skim off the fat; add to this the whites of six or eight eggs well beaten, a pint of wine, a half pound

of loaf sugar and the juice of four lemons. Mix well. Boil them a few minutes, stirring constantly, and strain through flannel. Source 1, p. 419.

CORN AND BEEF LOAF: Mix the following ingredients and form into a roll; 1 lb. ground rump beef, 1/2 lb. ground fresh pork, 1 beaten egg, 1 tablespoon chopped onion, 1/2 tablespoon salt, 1/4 teaspoon pepper, 1/2 cup bread crumbs and the contents of an 11 ounce can of corn. Place in a well greased loaf pan and bake in a hot oven for about 45 minutes. Serves eight. For four, make only half the recipe or cook the entire amount and use the loaf for two meals. Source 3, Mrs. A.L. Callow, p. 14.

CORNED BEEF: To corn beef, make a brine of 3 quarts water, 1 cup salt, 1/2 cup brown sugar, salt peter the size of a hazelnut. Boil altogether and when cold pour over beef and let it set 5 or 6 days when it is ready for use. After once trying this you will never again buy ready corned beef. Brisket is good to corn. Source 3, Charles L. Wellman, p. 72.

ENGLISH MEAT PIE: A knuckle of veal, 1/2 lb. lean raw ham, 1 slice of onion, 1 slice of carrot, a bit of bay leaf, 12 peppercorns, 1 blade of mace, a sprig of parsley, 2 teaspoons of salt, 1 cup of oysters, 4 tablespoons of butter, 4 tablespoons of flour, and puff paste. Cut the meat from the bone. Cover the bone with cold water, add vegetables and seasonings. Heat slowly to the boiling point and boil 5 minutes. THen add meat, cut up, and simmer slowly until meat is done. Thicken the gravy with the butter and flour blended. Pour into a pudding pan, add the oysters, cover with puff paste and bake until crust is brown. Source 3, Mrs. R.M. Hendershott, p. 18.

BRUNSWICK STEW: 1 stewing hen, good size, 3 slices of fat salt pork, 2 medium sized onions, 3 large potatoes, 2 cups corn, fresh if available, 1 cup dry lima beans, soak overnight, 4 cups tomatoes, 2 teaspoons sugar, 1 tablespoon salt, 4 quarts boiling water, 2 tablespoons butter, 2 tablespoons flour, black pepper. Fry out the salt pork in a large iron pot, add the cut up chicken, onions and tomatoes. Cover tight and cook slowly 1 hour. Then add the rest of the ingredients and seasonings and cook another hour. Thicken the gravy with the flour rubbed smooth with a little water. This will serve about 10. This is a real bona fide recipe from an old Southern cook. The original recipe called for 3 squirrels instead of chicken. Source 3, Mrs. Frank Groundwater, p. 18.

MEAT BALLS: 3/4 lb. of sausage, 1 lb. hamburger, 1/2 cup of uncooked rice, season with salt and pepper. Make into small balls and simmer slowly in 1 can of tomato soup diluted with 1 can of water for 1/2 hours, on the back of the stove closely covered. Source 3, Lillian Watkins, p. 16.

MEAT LOAF WITH TOMATO SAUCE: 1 lb. each sausage and hamburger, 1 cup of stale bread crumbs, 1 egg, 2 tablespoons of butter, 1 small onion, 1 clove of garlic, 1 can of tomatoes, salt pepper, and paprika to taste. Chop fine the

onion and garlic, then mix with the meat, add egg, bread crumbs, seasonings. Shape into loaf and place in baking pan. Tomato sauce: rub tomatoes through a colander, season with salt, pepper, and pour around loaf. When done lift out the loaf and thicken the tomato with a tablespoon of flour and again pour around the loaf and serve. Mashed potatoes may be substituted for half of the sausage. Source 3, Mrs. J.W. Strubel, p. 16.

SWEETBREADS: This delicate, tender meat is the thymus gland of a calf, young beef, or lamb. Each animal has two kinds of sweetbreads: heart sweetbreads, which are rounded, and throat, or neck, sweetbreads, which are elongated. Veal sweetbreads are the most popular and highest priced. Like lamb sweetbreads, they are white and tender. Beef sweetbreads are usually only neck sweetbreads. They are reddish in color, and are inclined to be tough when pressed with fingers. The heart sweetbread is most desirable. Sweetbreads spoil very quickly.

Pre-Cook Sweetbreads: Precook sweetbreads before using them. Drop sweetbreads into boiling water; add 1 teaspoon salt. Simmer veal and lamb sweetbreads, covered, 25 minutes, beef sweetbreads 35 minutes. Drain. Then holding sweetbreads under cold running water, slip off membrane with fingers. With knife, cut out dark veins and thick connective tissue. Split very thick sweetbreads in halves lengthwise. Use at once, or refrigerate. Source 10, p. 114.

TRIPE: Tripe is the stomach of beef. Honeycomb tripe is the more delicate of the two varieties. Tripe is sold fresh and pickled. Select clean-looking tripe from a young animal. Broiled: Wipe fresh tripe as dry as possible, dip in fine cracker dust and olive oil or melted butter. Drain off all fat possible and again dip in cracker dust. Place in greased broiler and broil 5 minutes, cooking smooth side of tripe the first 3 minutes. Place on hot platter, honeycombed side up, spread with butter, and sprinkle with salt and pepper. Broiled tripe is at its best when cooked over a charcoal fire. Source 14, p. 327.

VEAL SALAD: 2 lbs. of cooked veal ground fine, 1 lb. pork, 1 cup of string beans, 1 cup of cooked carrots, 1 cup of peas, 1 cup of pickles, sweet, 4 hard boiled eggs. Dress with mayonnaise and garnish with lettuce. Source 3, Mrs. J.L. Smith, p. 11.

CHICKEN AND OTHER POULTRY

Preparation: Singe- hold over a flame and constantly change position to expose all of surface to flame, thus burning off all of the hairs and down. Cut off the head and draw out pinfeathers, using a small pointed knife. Cut through the skin around the leg one and one-half inches below the leg joint, care being taken not to cut tendons, place leg at this cut over edge of board,

press downward to snap the bone, then take foot in right hand, holding bird firmly in left hand, and pull off foot, and with it the tendons. Make an incision through skin below breastbone, just large enough to admit the hand and remove: entrails and giblets, gall bladder, which is on under surface of right lobe of liver, do not break, as even a small amount of the bile would give bitter flavor to any part touched, lungs, reg and spongy on each side of backbone, between ribs, kidneys, in hollow near end of backbone, feel under skin close to neck with first two fingers and pull out windpipe, and crop, which is attached to skin close to breast. Draw down neck skin and cut off neck close to body, leaving skin long enough to fasten the back. Cut out oil bag at base of tail. Wash bird in cold water making sure everything is removed. If bird has a disagreeable odor suggesting that it may have been kept too long, clean at once, wash with soda water inside and out, sprinkle inside with charcoal, and place some under wings. Source 14, p. 331.

GIBLETS: Remove thin membrane, arteries, veins, and clotted blood around heart. Separate gall bladder from liver, cutting off any of liver that may have a greenish tinge. Cut fat and membranes from gizzard. Make a gash through thickest part of gizzard, and cut as far as inner lining, being careful not to pierce it. Remove the inner sack and discard. Wash giblets and cook until tender. Source 14, p. 332.

SOUTHERN CHICKEN: Prepare chicken as for frying. Fry one onion chopped, in grease, taking out onion before frying chicken. Dredge the chicken with flour made pink with paprika, then brown in hot fat. Place chicken in roaster and pour over it, thin cream and simmer done. Pepper and salt in roaster. Could use either young or old chicken. Source 3, Mrs. Alice Jones, p. 14.

DUCK: Nearly all wild ducks are liable to have a fishy flavor, and when handled by inexperienced cooks are sometimes uneatable from this cause. Before roasting them guard against this by parboiling them, with a small carrot, peeled, put with each. This will absorb the unpleasant taste. An onion will have the same effect; but unless you mean to use onion in the stuffing, the carrot is preferable. Ducks to be good must be young and fat, the lower part of the legs and the webbing of the feet soft; the under bill, if the duck is young will break easily. The breast should be plump and fat. Source 15, p. 197.

PORK

Pork rind that is tough and thick and cannot easily be impressed with fingers is old. Fresh pork is cool and smooth; when moist or clammy it is stale. If the fat is full of small kernels it is poisonous. Source 15, p. 100.

LARD: Take the leaf fat from the inside of a bacon hog, cut it small, and put it in an iron kettle, which must be perfectly free from any musty taste; set

it over a steady, moderate fire, until nothing but scraps remain of the meat: the heat must be kept up, but gentle, that it may not burn the lard; spread a coarse cloth in a wire sieve, and strain the liquid into tin basins which will hold two or three quarts; squeeze out all the fat from the scraps. When the lard in the pans is cold, press a piece of new muslin close upon it, trim it off at the edge of the pan, and keep it in a cold place. Or it may be kept in wooden kegs with close covers. Lard made with one-third as much beef suet as fat is supposed by many persons to keep better. Source 15, p. 183.

BACON, TO CURE: This process is called the "dry cure" and is considered far preferable to the New England or Yankee style of putting prepared brine or pickle over the meat. First, the hog should not be too large or too fat, weighing not over two hundred pounds; then after it is dressed and cooled, but it up into proper pieces; allow to every hundred pounds a mixture of 4 quarts of common salt, one-quarter of a pound of saltpeter and 4 pounds of sugar. Rub this preparation thoroughly over and into each piece, then place them in a tight tub or suitable cask; in this a brine forms of itself, from the juices of the meat, enough at least to baste it with, which should be done two or three times a week, turning each piece every time. In smoking this bacon, the sweetest flavor is derived form black birch chips, but if these are not to be had, the next best wood is hickory; the smoking with corn-cobs imparts a rank flavor to the bacon, which is distasteful to English people visiting this country. It requires three weeks or a month to smoke the bacon properly. Source 15, p. 183.

BACON AND FRIED APPLES: Select about six good tart apples. Peel them. Cut them in 1-inch cubes. Fry the bacon in a heavy skillet. As soon as the slices of bacon are crisp, remove and drain them on clean brown paper and keep in a warm place. Leave about one-fourth cup bacon fat in the skillet and fill it with apples. Sprinkle on 3 tablespoons of sugar. Apples fried this way require a little more sugar than ordinary fried apples. Cover the apples. Cook slowly until tender. Then remove the cover and turn apples gently, so the pieces will keep their shape. Let them brown lightly. They are then almost transparent. Place them on a hot platter, and surround them with the crisp bacon. Source 9, p. 6.

BAKED HAM: First, select a mild cured ham. It does not require parboiling. Ask the butcher to include the paper wrappings. With a short, strong knife split the heavy skin in inch squares, but do not cut through the fat into the meat. Force a clove of garlic in next to the flat bone at the back. Make a paste with 4 tablespoons cinnamon, 1/2 cup sugar, 2 tablespoons ground cloves, 6 tablespoons dry mustard and one cup flour. Stir 1 teaspoon maple flavoring in 1 cup cold water and cover the outside of the ham with this paste. Have all three sheets of ham paper dipped in cold water, then laid on table. Put 3 cups of flour on the paper and distribute over ham, wrapping tight in wet paper and tying with string. This preparation may be finished the day before Christmas so only putting in the oven and baking is necessary on the big day.

Keep water under ham during baking, using any sort of baking pan and use no top heat. Start in cold oven and when water boils count 15 minutes for ham to heat through and 15 minutes for each pound. This takes two hours and 45 minutes for a 10 lb. ham. Serve with maple raisin sauce. Baked sweet potatoes are better with this sauce than candied sweets. Source 3, Mrs. D. P. Pearson, p. 17.

HAM LOAF: (Serves 12). 2 lbs. ham, ground, 1 lb. pork, 1 cup bread crumbs, 1 cup milk, 1 egg, juice of 1 lemon, 1/4 teaspoon pepper, little salt. Cook 1 1/4 hours. Serve with 1 glass currant jelly and 1/2 as much prepared mustard. Heat in double boiler and beat until cool. Source 3, Mrs. Otis Watkins, p. 15.

HEAD CHEESE:

1 hog's head	1 hog's tongue
Chili powder	Salt
Pepper	Sage

Clean and scrape hog's head. Wash thoroughly. Wash and trim tongue. Cover tongue and head with slightly salted water. Simmer until meat falls from bone. Drain meat. Shred. Season to taste. Mix thoroughly. Pack tightly in bowl. Cover and weight down. Let stand 3 days and slice. Source 6.

PIG'S FEET, BOILED, ALA BARNUM: One of the dishes printed on the Sturtevant House bill of fare in New York. According to Barnum, "when old and young feet are boiled together for 2 1/2 hours, as usual, the old ones are tough and worthless. If they were boiled 3 1/2 hours, the young feet would burst and the gelatin swim away. Now, the secret is to wrap each foot in a cotton bandage wound 2 or 3 times around it and well corded with twine. Then boil them 4 hours. Let them remain in the bandage until needed to broil, fry or pickle. The skin will hold them together while being cooked; and when you eat them you will find them all tender and delicate as possible. Source 2, p. 442. Another source advises that the covering of the toes may be taken off by singing them in hot embers.

SCRAPPLE: Soak the hog's head or heads in water over night. In the morning clean thoroughly, cutting out the eyes and ears deeply; then boil until tender; take out and let stand till cold; remove all the bone and chop fine. Drain off all the water it was boiled in, to get out all the bits of bone; rinse out the kettle, and put back the water drained off, and put on the fire to get hot; in the meantime, season the chopped meat and put in with additional water, to about half fill the kettle, or to be quite thin, and when it begins to boil thicken with cornmeal to the consistency of mush; take out into the pans when hot, make it level on the top, and when cold, pour melted lard over it to prevent the top getting dry and hard; it will also help it to keep longer. When wanted for use, cut out in slices about half an inch thick

and fry in a little hot lard or butter until a nice brown; then turn, brown again, eat hot. If any one thinks this is too fat, or greasy, they can put in the heart and tongue. Source 2, p. 441.

HEART, BAKED: Cut a beef heart in two, take out the strings from the inside; wash it with warm water, rub the inside with pepper and salt, and fill it with a stuffing made of bread and butter moistened with water, and seasoned with pepper and salt, and, if liked, a sprig of thyme made fine; put it together and tie with string around it, rub the outside with pepper and salt; stick bits of butter on, then dredge flour over and set it on a trivet, or muffin rings, in a dripping pan; put a pint of water in to baste with, then or roast it before a hot fire, or in a hot oven; turn it around and baste frequently. One hour will roast or bake it, when done, take it up, cut a lemon in thick slices, and put it in the pan with a bit of butter, dredged in a teaspoonful of flour; let it brown; add a small teacup of boiling water, stir it smooth, and serve in a gravy tureen. Source 15, p. 166.

TONGUE, BOILED: Wash the tongue carefully and soak twenty-four hours, changing the water at least once. Put it over to cook in cold water and boil from four to six hours, according to the size. The skin should always be removed as soon as taken from the pot. It may be served hot with sprigs of parsley over the root. If to be eaten cold, cut off the root, put a weight upon the tongue, and slice very thinly, garnishing with parsley or curled lettuce leaves. If the tongue is neither corned no smoked, buy perfectly fresh, the soaking may be omitted, and the tongue boiled in slightly salted water, always remembering to put it over to boil in cold water. Source 15, p. 170.

DRIPPINGS, TO CLARIFY: Take the odds and ends accumulated from different meats and clarify them in the following manner: Put them into a basin with enough water to cover, and into this slice a raw potato; let it boil long enough for the potato to become thoroughly brown; remove from the fire, and when cool pour off all the fat; turn it into small jars, set it in a cool place for future use. Source 15, p. 170.

CALF HEAD, BOILED WITHOUT THE SKIN: Calf's head, water, a little salt, four tablespoonfuls of melted butter, one tablespoonful of minced parsley, pepper and salt to taste, one tablespoonful of lemon juice. After the head has been thoroughly cleaned, and the brains removed, soak it in warm water to blanch it. Lay the brains also into warm water to soak, and let them remain for about an hour. Put the head in a stew-pan, with sufficient cold water to cover it, and when it boils add a little salt; take off every particle of scum as it rises, and boil the head until perfectly tender. Boil the brains, chop them, and mix with them melted butter, minced parsley, pepper,salt, and lemon juice in the above proportion. Take up the head, skin the tongue, and put it on a small dish with the brains around it. Have ready some parsley and butter, smother the head with it, and the remainder send to the table in a

tureen. Bacon, ham, pickled pork or a pig's cheek are indispensable with calf's head. Source 15, p. 171.

OTHER:

FROG LEGS: Slip skin off the hind quarters of frogs. Wash frog legs thoroughly. Dry. Rub with salt and pepper. Dip in slightly beaten egg. Roll in fine bread crumbs. Fry in deep fat until brown. Source 6.
(Other sources say legs must be boiled for five minutes, before frying.)

SQUIRREL, fried: Dress squirrel. Wash thoroughly. Cut into pieces for serving. Cover with salted water. Let stand in salted water over night. Drain. If squirrel is not tender, par-boil 10 minutes. Drain. Roll in flour. Fry in cooking fat until tender. If the squirrel is young par-boiling is not necessary. Make a brown sauce. Serve squirrel garnished with lemon slices and parsley. Source 6.

TURTLE: Plunge the turtle while yet alive into boiling water. When life is extinct, remove the outer skin and the toe nails. Then rinse well, and boil in salted water until perfectly tender. Then take off the shells, remove the gall and sand bag carefully, and clean the terrapin thoroughly. Next cut the meat and entrails into small pieces, saving all the juice, put into a saucepan without water and season to your taste with salt, Cayenne and black pepper. Add for each terrapin butter the size of an egg made smooth with a tablespoon of flour. A few tablespoons of cream should be added last. Many persons add the yolks of three or four hard boiled eggs just before serving. While cooking it should be stirred very often - and must be dished up and eaten very hot. Source 15, p. 144,

FISH AND SEAFOOD:

If necessary to keep fresh fish overnight before cooking, place them where the moon will not shine on them, as the effect is as bad as the hot sunshine. Source 15, p. 112.

FISH BALLS: 1 lb. salmon, 1/2 lb halibut or cod, 1 big onion, 1/2 cup bread crumbs, 1 egg, salt and pepper, 1 1/4 cups of water. Chop onion, salmon, halibut real fine. Add egg, bread crumbs, then add water a little at a time. Roll into balls the size of an egg. Place into pot with onion and cover with water, salt and pepper to taste. Cover tight for 15 minutes, then put in carrots and potatoes. Cook for 1 1/2 hours. Service for 12. Source 3, Mrs. Harry Robinson, p. 12.

ESCALLOPED FINNAN HADDIE: 4 cups of cooked finnan haddie, 1 tablespoon of cooking oil, lard or butter, 1 tablespoon of flour, 4 hard boiled eggs, 1/2 teaspoon of salt, 1 - 8 teaspoons of pepper, 1 tablespoon of finely chopped

onion, 1 cup of milk. If salt or smoked fish is used scald fish with boiling water and flake. Fresh fish should be boiled. Make a white sauce of flour shortening and seasonings, onions and milk. Stir the fish in. Grease a baking dish, add layer of flaked fish then layer of eggs, etc. Cover top with bread crumbs. Mix in 1 1/2 tablespoons of butter and bake 1 hour. Source 3, Mrs. Louis J. Shapley, p. 12.

CREOLE SHRIMP: 4 tablespoons of butter, 1 1/4 cups milk, 4 tablespoons flour, 1 teaspoon curry powder, 1/2 teaspoon salt, dash each paprika and cayenne, 4 tablespoons catsup, 1 1/2 cups broken shrimp (1/2 lb. fresh), 1 chopped parsley. Melt butter, add flour and seasonings. Add catsup and shrimp when sauce is smooth. Serve on toast. Source 3, Mrs. F.E. Beal, p. 12.

BAKED TUNA FISH: 1 pound can tuna fish, cheese sauce and cracker crumbs. Shred tuna fish, mix with cheese sauce and season to taste with salt and pepper, place in baking dish and cover with cracker crumbs and bake until brown. Salmon may be substituted for the tuna fish. Cheese sauce: 2 tablespoons of butter, 2 tablespoons of flour, 1 cup milk, 1/2 teaspoon salt, 1 cup grated American cheese, few grains paprika. Melt butter, add flour, seasoning and milk; bring to boiling point and add cheese and cook until it is melted, stirring constantly. Source 3, Mrs. Roy F. Davidson, p. 12.

FRIED EELS: Skin and clean the eels. Cut them into pieces about three inches long; put them in a stewing pan, cover with boiling water, add 1 tablespoonful of vinegar to every six eels; simmer five minutes. Drain and dry them with a towel. Beat an egg lightly, add to it a tablespoonful of boiling water, season with salt and pepper, dip the eels first in this and then in bread crumbs, and fry in boiling oil or fat until a nice brown. Serve with tartare. Source 15, p. 113.

MACARONI AND CLAMS: 1 box of macaroni, 1 can minced clams, 2 tablespoons Worcestershire sauce, 4 tablespoons catsup, 2 cups of medium white sauce. Boil macaroni in salted water until done. Drain. Mix the remaining ingredients. The clam liquid may be omitted or used as part of liquid in the white sauce. Pour into a casserole, spring with buttered bread crumbs. Bake in a hot oven for a few minutes or until brown. Long baking will toughen the clams. Grated cheese may be used instead of the bread crumbs. Source 3, Allegra Baldwin, p. 13.

PICKLED FISH: Vinegar, not too strong, salt and sugar to taste, a few bay leaves and whole cloves, 1 sliced onion. Boil all together for 5 or 10 minutes. Lay salmon in a shallow pan and pour over the prepared vinegar. Boil about 15 minutes then pack in sterilized jars, being careful to not break the meat. Seal. Source 3, Mrs. W.H. Johnson, p. 13.

SALMON IN MOLD: 1 can salmon, 3 eggs beaten light, 4 tablespoons of melted butter, 1/2 cup of fine bread crumbs, salt, pepper and parsley. Remove skin

and bones from fish, mash fine, rub in butter until smooth and crumbs and eggs. Put in a buttered mold and steam 1 hour. Sauce - 1 cup of boiling milk, 1 egg, 1 tablespoon flour, 2 tablespoons butter, add liquid from the can of fish, season with salt, pepper, cayenne and 1 teaspoon of tomato catsup. Just before removing from the fire add the egg. Will serve 8 persons. Source 3, Mrs. H.H. McClure, p. 12.

SHAD, PLANKED: This is the very best way of cooking shad: The plan should be three inches thick, two feet long, one and half feet wide and of well-seasoned hickory or oak. Pine or soft wood give the fish a woody taste. Take a fine shad just from the water, scale, split it down the back, clean it, was well and immediately wipe dry. Dredge it with salt and pepper. Place the plank before a clear fire to get very hot. Then spread the shad open and nail it skin side next to the hot plank, with four large-headed tacks. Put it before the fire with the large end down; in a few minutes turn the board so that the other end will be down, and do this every few minutes until the fish is done. To tell when it is done pierce it with a fork; if the flesh be flaky it is done. Spread with butter and serve on the plank, or draw the tacks carefully and slide the shad on to a hot dish. Lake whitefish are excellent when cooked this way, also. Source 15, p. 120.

SMELT, SPICED: 3 lbs. smelt, preferably the smallest ones, cleaned and washed; 2 large onions, 3 bay leaves, 2 lemons sliced, spiced vinegar to cover. Cut off the heads and tails of smelts Grease a steamer with a tight lid and place the smelt in 1 layer deep without crowding. Place over boiling water, cover and steam from 3 to 5 minutes or until they turn white. Place the steamed smelt in a crock or deep dish and proceed until all are cooked. Pour over them the prepared vinegar, cold, also the lemon, bay leaves and onions. Dust all with paprika and let set 24 hours before using. Prepared this way, they will keep some time. Source 3, p.71.

VEGETABLES

BEANS, BAKED: Soak one quart of pea beans over night. Add a pinch of soda, and boil until tender with one-half pound of salt pork. Drain and add one-half teaspoonful of salt, and one tablespoon of molasses. Fill earthen dish and bake slowly three hours. Add a little hot water from time to time. The pork may be baked with the beans in a solid lump or may be cut in thin slices and baked on top of the beans. Source 7, p. 31.

BAKED CUCUMBERS:

3 good-sized cucumbers
3/4 cup fine dry breadcrumbs
3 tablespoons butter
1/2 teaspoon salt
1 1/2 tablespoons chopped onion
1 1/2 teaspoons chopped parsley
1 tablespoon chopped celery
1 cup tomatoes cut in pieces

Wash cucumbers and cut in half length-wise. Scoop out as much as possible of the pulp without breaking the skin. Brown the onion in the fat, add other ingredients mixed with the cucumber pulp. Stir constantly, and cook five minutes, or until dry. Place the filling in the cucumber shells and bake until the shells are soft and the mixture is brown on top. Source 9, p. 5.

ESCALLOPED CABBAGE: Select a white head of cabbage and shred fine. Butter a pudding disk or casserole and put in a layer of raw cabbage, add bits of butter, a little salt and a sprinkle of pepper, then a layer of fine bread crumbs; then another layer of cabbage, crumbs, alternating until pan is two thirds full and having crumbs on top. Just cover with sweet milk and bake until cabbage is done. Source 3, Mrs. Stewart, p. 24.

HARVARD BEETS:

6 medium sized beets
1/2 cup sugar
1/2 tablespoon cornstarch
1/2 cup vinegar
2 tablespoons butter

Wash beets, cook in boiling water until tender, remove the skins, and cut the beets into thin slices or cubes. Mix the sugar and cornstarch. Add the vinegar, and let the sauce boil for 5 minutes, stirring constantly. Just as the sauce is taken from the fire add the butter. Pour sauce over beets. Let them stand on the back of the stove for a few minutes so that the beets may absorb the sweet-sour flavor of the sauce. Source 9, p. 5.

BROWNED PARSNIPS: Scrub parsnips clean, drop into boiling, lightly salted water, and cook for 15 to 30 minutes or until tender. Drain, scrape off the skin, split lengthwise, and pull out the stringy cores. Dip the pieces in flour and fry in fat until golden brown. Source 9, p.5.

CORN FRITTERS:

1 cup liquid, either juice from canned corn
or milk or the two mixed
1 cup drained canned corn
1 tablespoon melted fat
2 teaspoons baking powder
1 3/4 cups sifted cake flour
1 egg
3/4 teaspoon salt

Mix the flour, baking powder, and salt. Mix the juice from the canned corn or milk, or whatever liquid is used, the egg after it has been beaten slightly, and the canned corn. Stir this liquid mixture gradually into the dry ingredients. Add the melted fat. If the corn is very moist, even after the liquid has been drained from it, more flour may be needed.

Fry the corn fritters in deep fat, or if preferred, in a skillet in shallow fat. In either case, drop the mixture by spoonfuls into the fat and fry

rather slowly. The fritters need time to cook through to the center before the outside becomes too brown. Drain the fritters on absorbent paper and serve hot.

DANDELION, BOILED: Use the first shoots of the dandelions. They are not fit for food after they blossom, as they then become bitter and stringy. Cut off the roots, pick them over carefully, and wash well in several waters; then put them in a saucepan, cover with boiling water, add a teaspoonful of salt and boil one hour. When done, drain and chop fine; then put them in a frying pan, add tablespoonful of butter, salt and pepper to taste; stir until thoroughly heated, and serve with egg sauce. Source 15, p. 228.

RUTA BAGA, BAKED (Finnish recipe): 1 medium sized ruta baga, 1 tablespoon flour, 2 tablespoons butter, 2 teaspoons sugar, salt and pepper to taste. Method - boil ruta baga until tender, drain and mash. Add other ingredients and mix thoroughly. Put into buttered baking dish and bake for about half an hour. Source 3, Elsie Heatley, p. 23.

SAUER-KRAUT: Use good heads of mature cabbage. 1 lb. of Carey salt with 40 lbs. cabbage. One lb. fills one pint glass jar. Remove outside dirty green leaves, quarter the head and slice out the core. Shred the cabbage fine. Put 5 lbs cabbage and 2 oz. of salt into a large pan and mix with hands. Pack lightly into crock with potato masher. Repeat until crock is nearly full. Cover with cloth, plank and weight. Fermentation will be complete in 10 or 12 days. As soon as kraut is thoroughly cured pack into glass jars. Add enough brine. If there is extra brine needed, make by dissolving 2 tablespoons salt in quart of water to fill jars within 1/2 inch of top. Put on cap. Process in water bath 15 minutes. During the curing process, Kraut requires daily attention. Remove the scum as it forms and wash and scald the cloth often to free scum and mold, or change to clean cloth. Source 5, p. 1 under Miscellaneous.

SALAD:

ANNA COMBES FRUIT SALAD: 1/2 box of Knox gelatin, 1 pint of boiling water, 1 lemon, juice and grated rind, 3 oranges, 5 bananas, 1 can pineapple, 1 cup of sugar, 1 pint can of cherries, 10 blanched almonds. Dissolve gelatin in hot water; when cold add lemon and rind, sugar. Put in layer of orange and bananas. Pour gelatin over and let set. Serve with whipped cream. Source 3, p. 10.

BEAN SALAD: 1 quart of fresh cooked or canned string beans, 1 small onion cut fine, salt, pepper, 3 tablespoons of vinegar and 1/2 cup of cream. A pinch of sugar may be added. Source 3, Augusta Epperly, p. 11.

VEGETABLE SALAD: 2 cups of diced beets, 1 cut of diced potatoes, 1 cup of diced carrots. Mix with salad dressing and serve on lettuce leaf. Top with Thousand Island dressing, with an olive on top. This is very good to serve large crowds as it can be increased to any amount. Source 3, Mrs. Otto B. Koch, p. 8.

COLD SLAW, old fashioned: 2 quarts of cabbage, sliced very fine, sprinkle with 1 teaspoon of salt, 1 teaspoon of black pepper, 1 teaspoon of mustard. Take 1/2 pint of vinegar, 1/2 cup of sugar, butter the size of a walnut. Place saucepan on the stove and let boil; take 1/2 pint of sour cream, 1 teaspoon of flour, 1 egg, and beat together, then stir into the hot vinegar. Let boil up again and throw over the cabbage. Mix and chill and it is ready to serve. This recipe is over 50 years old. Source 3, Mrs. Frank Groundwater, p. 11.

BEAUTY AND PERSONAL CARE:

DANDRUFF, TO DISSOLVE: Alcohol, 1 pt; glycerine, 1 oz.; tinct cantharides, 2 drs. aqua ammonia, 1 oz. rain water, 5 ozs.; mix. Directions: pour upon the head, or into the hand and apply to the head, rubbing well until the foam subsides. Apply more or less, freely at first, as the condition of the scalp demands. It dissolves dandruff, is good for a sore scalp, chapped hands, etc. Source 2, p. 633.

HAIR, TO REMOVE: Take fresh stone lime, 1 oz.; pure potash, 1 dr.; sulphuret of arsenic, 1 dr. Directions: Reduce them to a fine powder in an earthen or glass mortar, and add enough soft water to make a thin paste. Then wash the hair in warm water, and apply the paste, by rubbing gently a little on the spot where you wish to remove the hair. As soon as the skin is much reddened, wash it off with strong vinegar. Do not let it remain on more than 3 to 5 minutes. Wash the place with flannel cloth, and the hair will be removed. Source 2, p. 639. (ARSENIC IS A POISON, PRINTED FOR INFORMATION ONLY, DO NOT USE).

HAIR DYE: Hair dressing that turns gray hair to a dark shade, without lead, cheap and very nice. Glycerine and rose-water, equal parts; say 1 or 2 ozs. each. Work well into the roots of the hair at each morning's dressing.

HAIR, HOLDING LOTION: Quince seed, 1/2 oz.; essence of bitter almonds, or any perfuming oil, a few drops only, water 1 pt.; alcohol 3 ozs. Directions - Pour the water, hot, upon the quince seeds, and let stand over night; strain; put the essence of perfuming oil in the alcohol, and add; then bottle, and keep corked. Will hold hair in position. Source 2, p. 636.

HAND LOTION:

2 oz. glycerine
1 oz. bay rum
1/4 oz. gum fragacanth (10 drops)
2 oz. rose water

Dissolve in about 1 cup of warm water, let set overnight. Shake well.

OR

3 oz. glycerine
1 teaspoon tincture of benzoine
4 tablespoons of white vinegar

Shake well before using, apply to hands and arms, after hands have been in water for some time. Maude Shaner Dunn

CHAPPED HANDS: Powdered starch is an excellent preventive of chapped hands. Rub it over them after washing and drying thoroughly. Source 15, p. 465.

COMPLEXION WASH: Blanch one-fourth pound almonds, slip off the skins, mash in a mortar, and rub together with best white soap, for fifteen minutes, adding gradually 1 quart rose water, or clean fresh rain water may be used. When the mixture looks like milk, strain through fine muslin. Apply, after washing with soft rag. Source 15, p. 464.

WRINKLES, TO REMOVE: White wax, one ounce; strained honey, two ounces; juice of lily bulbs, two ounces. The foregoing melted and stirred together will remove wrinkles. Source 15, p. 465.

PERFUME: Put rose petal (leaves of the flowers), or geranium leaves, or the flowers or leaves of any other perfume plants that you desire into a bottle, pressing the bottle pretty full, then put in glycerine, all the bottle will hold; cork, or if a glass-stoppered bottle all the better. In 3 or 4 weeks the aroma will all be extracted by the glycerine. Source 2, page 634.

HOUSEHOLD RECIPES:

AXLE GREASE: Castor oil and linseed oil, each 1 qt.; tallow and rosin, each, 2 lbs., beeswax, 1 lb., Directions - heat all well together, stirring to incorporate, and stir till cool. Source 2, p. 623.

BEDBUGS: Take 1/2 gallon of kerosene and the same quantity of gasoline with 6 or 8 pulverized moth balls. Mix well and spray on all parts of bed. Scald bed frame, and stand all four legs of bed in cans filled with kerosene. This prevents bugs from crawling up bed posts. Cracks around room can be sprayed. This is very explosive, so keep all lights and matches away from the room. Maude Shaner Dunn (PRINTED FOR INFORMATION ONLY, FLAMMABLE - DO NOT USE).
or

Varnish the bed entirely , the slats, sides, and every crack and corner. Source 15, p. 482.

OTHER BUGS: Dissolve alum, 2 lbs. in 3 or 4 qts. of boiling water; then apply it with a brush while nearly boiling hot to every joint and crevice. Cayenne pepper will keep ants, cockroaches and mice away. Source 2, p. 586.

ANTS AND ROACHES: Scatter powdered borax in their haunts, and they will disappear. Source 15, p. 482.

BOOKS, TO DUST: Carefully free from dust by striking two volumes together in the hand - never dust books in any other way. Source 15, p. 486.

BOOTS, TO SOFTEN: Kerosene will soften boots or shoes which have become hard from water soaking. Source 2, p. 622.

CARPETS, TO MAKE BRIGHT: Sprinkle them with tea leaves, sweep thoroughly, but lightly. Rub all spots with a clean dry cloth. Grease spots may be drawn out by covering with a piece of coarse brown paper, and then passing over them a warm flat-iron. The paper, if soft, will absorb the grease. Source 15, p. 489.

CEILINGS, TO CLEAN: To clean ceilings that have been blackened by a kerosene lamp may be washed off with soda water. Source 15, p. 489.

COPPER KETTLES, TO KEEP BRIGHT: Wash occasionally with a solution of salt and buttermilk. Rinse with clear water. Source 15, p. 483.

CORNS OR WARTS ON COWS TEATS: 1 tablespoon of cold castor oil or grease, 1 Tablespoon of soda mixed. Maude Shaner Dunn

DYES:

Brown: The scaly moss from rocks and ledges is a good material for coloring brown. Gather the moss and place it in a brass kettle or tin dish, upon which pour cold water, then let it boil on the stove 3 or 4 hours. Then skim out the moss, put in the goods, and boil until you have the requisite color. It will never fade. Source 2, p. 613.

Pink: To 4 lbs. cotton goods, put in a brass kettle enough soft water to cover them well; put in a bag 2 ozs., cochineal [dried bodies of the female cochineal insect, a small red insect resembling a mealy bug], and let it lie in the water 1/2 or 3/4 of an hour, heating to a scalding heat. Get all the strength from the bag of color, then put in 2 oz. of cream of tartar, and 4 ozs. muriate of tin-taking care not to get it on the hands. Source 2, p. 614.

Red, Bright: For 6 to 7 lbs. take redwood chips, 2 1/2 lbs., soak over night in a brass kettle; next morning put in alum, powdered, 1/2 lb. and boil to obtain strength of the chips, leaving them in; put in the rags, or yarn, as the case may be, and simmer, airing occasionally, until bright enough to suit. Source 2, p. 615.

EGGS, TO PRESERVE: Eggs can be preserved for up to two years by sealing the eggs by some method, such as coating with paraffin, or dipping in boiling sugar water, or rubbing them with salted butter, then packed, small-end down, in a large container; eggs must not touch the container. Fill around eggs with salt or bran.

FLOORS, TO OIL: Get common boiled linseed oil; heat boiling hot, and while hot go over the floor, using an old paint brush and keeping the oil hot all the time. Even if the floor is very rough and inclined to sliver, this will make a great improvement. Have the floor very clean before using. Two coats of oil may be needed if the floor is very bad; 1 tablespoonful of ochre to 1 quart of oil makes it light. The same of burnt umber will color it dark. Source 15, p. 487.

FLIES, TO KEEP OFF GILT FRAMES: Boil 3 or 4 onions in a pint of water and apply with a soft brush. Source 15, p. 490.

FURNITURE POLISH

1 oz. beeswax 1/2 oz castile soap

Cut the beeswax small and soak overnight in 1 cup of turpentine. Mix with 1 pint of rain water. Let stand 24 hours. Apply with soft flannel cloth and rub well. Maude Shaner Dunn

or

Take equal parts of sweet oil and vinegar, boil for ten minutes and let cool. Take an old piece of silk goods, saturate with the mixture and rub well in to the furniture. Source 15, p. 457.

or

Make a mixture of 3 parts linseed oil and one part spirits of turpentine; it not only covers the disfigured surface, but restores wood to its original color, and leaves a luster upon the surface. Put on with a woolen cloth, and rub when dry. Source 15, p. 488.

GLASS, TO CUT JARS:

Fill the jar with lard-oil to where you want to cut the jar; then heat an iron rod or bar to red heat; immerse in the oil; the unequal expansion will crack the jar all around at the surface of the oil, and you can lift off the top part. Source 15, p. 459.

GLASSWARE AND LAMP CHIMNEYS, TO TEMPER: Immerse the article in a pot filled with cold water, to which some common salt has been added. Boil the water well, then cool slowly. Glass treated in this way, will resist any sudden change of temperature. Source 15, p. 485.

ICY WINDOWS: Windows may be kept free of ice, and polished by rubbing the glass with a sponge dipped in alcohol. Source 15, p. 490.

KETTLES, TO CLEAN: Throw a shovelful of wood ashes into a pan, pot or kettle which has been burned; fill with water; let it boil while the dishes are being washed. Then wash it with a coarse cloth; this plan will be found to a great saving of hands, spoons and temper.

LAMPS: Wicks soaked in strong vinegar and dried before being used, will not smoke. To trim wicks, do not cut, turn it just above the tube, take a match and shave off the charred end, thus insuring and even flame.

LICE: Wet the child's head with ordinary castor oil, and put on an old cap for several hours. Shampoo hair with warm water and soap until all trace of oil is gone. Maude Shaner Dunn

MICE: Peppermint sprigs laid around shelves and other places where mice frequent will drive them away. Source 15, p. 482.

MICA, TO CLEAN: To clean mica in a stove that has become blackened with smoke, take it out, and thoroughly wash it with vinegar. If black does not come off at once, let it soak a little. Source 15, p. 486.

MORTAR FOR STOPPING CRACKS: To stop cracks in chimneys and stoves, the insertion of stove-pipes, open joints in pipes and all places of the kind: Dissolve common salt in water - as much as the water will take up - and thicken it with clean ashes till it becomes a mortar of proper temper for working. This will harden in a short time to firm cement, and is better than mortar for the purposes mentioned, and can always be obtained. Source 11, p. 185.

MOTHS: Wrap article in newspapers, printer's ink being one of the best preservatives against the depredations of moths. Place article in a sack and paste closed. Source 15, p. 482.

MUCILAGE: Boil the gum that exudes from cherry trees in soft water until it is the proper consistence. This is preferable to that for sale. Source 15, p. 488.

PAINT, TO REMOVE FROM WINDOW GLASS: Dip a wet cloth in baking soda and rub the paste thus made, thinly over the glass. Let remain fifteen minutes, and wash in warm, soft water, without soap. This will bring all the stains with

it. Rub dry and polish. Or, wash the window glass with hot, sharp vinegar; this will remove mortar and paint. Source 15, p. 483.

RUST SPOTS: After washing clothes, soak overnight in a solution of 1 tablespoon of cream of tartar to 1 gallon of hot water. Boiling white clothes in this mixture will take out rust spots. Maude Shaner Dunn

SCOURS IN CALVES, PIGS OR COLTS: 1 rounded teaspoon full of ginger and the same of soda in sweet milk. Given as a feed. Maude Shaner Dunn

SOOT, TO REMOVE FROM CARPET: First sprinkle lavishly with salt, and it will sweep up easily. Source 15, p. 486.

TANNING SKINS, WITH THE HAIR OR WOOL ON: Alum, 3 lbs.; rock salt (good hard salt will do), 1/4 lb. Directions: soak the skin in water for one day; then remove all the meat, fat, etc. Dissolve, by boiling, the alum and salt in sufficient water to cover the skin - this amount for a deer, dog, wolf, or sheep skin-pour into a tub, and when only lukewarm, put in the skin and let it soak for 4 days, working it with a pounder every day; then dry in the shade-a warm shed is a good place to dry in. then heat up the tan liquor again, and re-soak as before, after which wash out well and beat it with a wooden mallet till quite soft; dry again in the shade, rubbing it well from time to time with the hands. If this is properly done, you will have a very soft and pliable skin, suitable for any purpose for which such skins are used. Source 2, p. 624.

WASHING:

SOAP:

Granulated:

3 qts. cold water
1 pound lye
4 1/4 lbs of melted grease
3/4 cup borax

Empty lye into cold water add borax and stir until dissolved. Into this pour luke-warm melted grease, stirring constantly for 15 minutes. Then stir now and then for the next 36 hours. Do not let set. Use large pan, not plastic, and a big paddle or spoon. Drop some citronella in it for fragrance, oil of cloves or vanilla.

Bar:

1 can (1 lb.) lye
5 lbs. luke-warm melted grease
2 Tablespoons sugar
1/2 cup cold water
1 qt cold water
1 Tablespoon borax
1 teaspoon salt
1/4 cup ammonia

The best fats to use are mutton fat, beef suet, tallow, lard, trimmings, or rinds. Dissolve lye in cold water. Let stand until cool. Add to luke warm fat very slowly a drop at a time, stirring constantly in one direction for 15 to 30 minutes or until mixture is the consistency of honey. Mix borax, sugar and salt into 1/2 cup cold water and ammonia, add to fat mixture. Stir until thick and light colored. Pour into pan lined with cloth. Mark into pieces before soap becomes hard. Cut into bars while medium soft. When hard, break apart and dry well. Do not use for 5 months. If soap curdles, add 3 to 5 pints of water, reheat slowly and beat as hard as possible. To perfume homemade soap, add either 2 teaspoons citronella, 1 teaspoon lemon, or 4 teaspoons of sassafras, or 1 teaspoon of cloves. Alcohol based perfumes don't work, but oily mixture scents do.

LYE, TO MAKE FOR SOAP: Ashes should be from good wood, or the lye will be weak. Keep the ashes dry until a week before using; see that they are well packed down in the leach, which can be made out of a barrel. Then pour on water until the lye begins to drip slightly; leave it to soak out the strength of the ashes for a week. Then pour on water and begin to run off lye. The proper strength can be told by its floating a fresh egg. If it is not strong boil it, or turn back through the ashes again. Source 15, p. 445.

CLEAR STARCHING: Collars, undersleeves or handkerchiefs, of very fine muslin or lace, will not bear much squeezing or rubbing when washed. They can be made perfectly white and clean without either, by the following process: Rinse them carefully through clear water, then soap them well with white soap; place flat in a dish or saucer, and cover with water; place them in the sun. Let them remain two or three days, changing the water frequently, and turning them. Once every day take them out, rinse carefully, soap and place in fresh water. The operation is a tedious and rather a troublesome one, but the finest embroidery or lace comes out perfectly white, and is not worn at all, where in common washing it would be very apt to tear. When they are white, rinse and starch in the usual way. Source 11, p. 309.

STAINS: Turpentine will remove tar. Source 8, p. 448.

To remove the stains of fruit from the hands - wash your hands in clear water, dry slightly, and while yet moist, strike a sulphur match and hold your hands around the flame. The stains will immediately disappear. Source 8, p. 448.

Spots on towels and hosiery will disappear with little trouble if a little ammonia is put into enough water to mask the articles, and they are left it an hour or two before washing; and if a cupful is put into the water in which white clothes are soaked the night before washing. Clearness when dried will be very gratifying. Source 15, p. 457.

YELLOWED LINEN: Yellowed linen that has been laid away can be bleached by letting it soak in buttermilk two or three days. Source 15, p. 462.

WASHING BLACK SILK: Brush and wipe it thoroughly, lay it on a flat table with the side up which is intended to show, and sponge with hot coffee strained through muslin. Allow it to become partially dry, then iron. Source 15, p. 456.

WATERPROOFING LEATHER: Saturate it with castor oil. Source 8, p.448.

WOODWORK: Grained woodwork should be washed with cold tea. Source 15, p. 487.

REMEDIES

REMEDIES, GENERAL

1. Cranberry: will end any case of piles, cook and eat the berries 3 or 4 times a day.
2. Flax: will cure constipation, add 1/2 teaspoon of flax seed to 2 or 3 tablespoons of boiling water, take each morning before breakfast.
3. Beet: will cure kidney stones, boil a large amount of beets down to a syrup, drink 1/3 of a cup two or three times a day.
4. Carrot: will cure kidney complaint, use raw carrot as one uses chewing tobacco, use five or six times a day.
5. Onion: a positive cure for pneumonia, make a poultice of frying ten or twelve onions for two minutes, add enough rye flour and vinegar to make a paste, place in a cotton bag, place on chest as hot as possible, change as it cools.
6. Celery: cure for chronic rheumatism, boil down, let patient drink liquid freely, three or four times a day.
7. Burdock: an infusion made of soaking the roots and seeds drank freely will cure boils, styes, and felons.
8. Catnip: Tea will induce sleep, help colic, reduce fevers.
9. Charcoal: remedy for headache, two teaspoonfuls pulverized in half a teacupful of milk.
10. Foxglove: valuable in treating heart disease, whooping cough, and rheumatism, one grain of powdered leaves. (FOR INFORMATION ONLY, DO NOT USE).
11. Garlic: good for hoarseness, catarrh, whooping-cough and worms, 1/2 teaspoon of the juice.
12. Geranium root: will cure piles, seep root in water, employ twice a day. Geranium leaves rubbed upon a wound will hasten healing.
13. Grape vine: remedy for curing sore and weak eyes or stone of the bladder, use the juice or sap of the vine.
14. Nettle: will help hemorrhages of the lungs, stomach and urinary organs, take a teaspoon every hour of the expressed juice of the leaves.
15. Olive oil: taken internally will be useful in decreasing inflammation of the stomach and bowels.

16. Red Clover: will remedy malignant ulcers, cancers, sores from burns, and incontinence of urine, boil into an extract and apply twice a day.
17. Rag weed: boil the leaves into a strong tea as a remedy for dysentery.
18. Raspberry: good for all bowel complaints, make a tea of the leaves, 1/4 to 1/2 teacupful, every three or four hours.
19. Sheep-sorrel: a plaster for cancer, juice is extracted, and then evaporated in the sun until of the consistency to make a plaster.
20. Spider web: roll into pill size balls, and take every two or three hours to relieve fever, consumption, and asthma. Applied externally it will check bleeding. Taken internally, will produce bodily and mental tranquility.
21. Sunflower seeds: for consumption, cough, and disease of the kidneys, prepare into a syrup, teaspoonful every hour.
22. Skunk cabbage: useful in treating asthma, coughs, epilepsy, and whooping cough, make a tea of the roots and seeds, take by teaspoonful three or four times a day.
23. Tansy: for painful menstruation, make a tea of the tops and drink two wine glasses full every day.
24. Tobacco: our best remedy for lockjaw, make into a poultice.
25. Tomato: Juice from the fruit will help canker sores.
26. Watermelon: boil seeds in water, take juice for stomach and bowel problems and gonorrhea. Source 4, p. 479 - 614.

BARLEY WATER: Put a large tablespoonful of well-washed pearl barley into a pitcher; pour over it boiling water; cover it, and let it remain until cold; then drain off the water, sweeten to taste, and if like, add the juice of a lemon, and grated nutmeg. Source 15, p. 413.

GRUEL: Pour a quart of hot water into a clean earthen or tin vessel over a brisk fire; when it boils, add two large tablespoons of corn or oat meal; mix it smooth in just water enough to thicken it; put a small lump of butter into water, and when melted, add the meal and stir for about half an hour; then add a teacupful of sweet milk, and when it boils again, throw in the upper crust of hard baked bread cut into small pieces, let it boil some time, and add a little black pepper, a little salt, a pinch of grated nutmeg, a little more butter and a teaspoonful of French brandy. The butter, spices, and brandy should be omitted when the case is a serious one. Source 1, p. 415.

MILK PORRIDGE: Dissolve 1 teaspoon of flour in a little cold water. Heat half pint milk and half pint water to boiling and stir in dissolved flour. Boil a few minutes till it thickens. Salt to taste. Source 15, p. 412.

MILK TOAST: Cut a thin slice from a loaf of bread, neither stale nor yet new, toasted very quickly, pour upon it 3 tablespoonfuls of boiling milk or cream, pleasantly salted. Jelly can often be served with this toast as an appetizer. Source 15, p. 414.

ASTHMA: Get a muskrat skin and wear it over the lungs with the fur side next to the body. It will bring certain relief. Source 15, p. 448.

BITES OF DOGS: The only safe remedy in case of a bite from a dog suspected of madness, is to burn out the wound thoroughly with red-hot iron for fully eight seconds, so as to destroy the entire surface of the wound. Do this as soon as possible, for no time is to be lost. Source 15, p. 449.

BURNS AND BRUISES: Apply peach tree leaves, the smooth side next the skin, and bind them on. For burns, when there is danger of mortification, or even if it has already set in, bind on strips of cloth dipped in clean tar. Source 15, p. 446.

CANCER REMEDY: Take a quart bowl and fill half to two-thirds full of green sheep sorrel then fill with water; let is stand one hour, then mash to get the strength; to be drank daily. Source 2, p. 34.

DRUNKENESS: Eat an orange every morning 1/2 hour before breakfast. Say no with sufficient vim. Source 2, p. 167.

EARACHE: Take a bit of cotton batting, put upon it a pinch of black pepper, gather it up and tie it, dip in sweet oil and insert into the ear; put a flannel bandage over the head to keep it warm. It will give immediate relief. Source 15, p. 446.

FELON: When a felon first makes its appearance, take the inside skin of an egg shell, and wrap it around the affected part. When the pressure becomes too painful, wet it with water and keep it on twelve hours. Roast or bake thoroughly a large onion; mix the soft inner pulp with two heaping tablespoons of table salt, and apply the mixture to the affected part as a poultice, keeping the parts well covered. A cure will follow it at least a week.
or
Procure 5 or 6 lemons, cut off the end of one, thrust the sore finger into the lemon, and let it stay till the lemon is warm; proceed in the same way till all the six are used. Source 15, p. 448.

HEMORRHAGE: To stop the flow of blood bind the cut with cobwebs and brown sugar, pressed on like lint. Source 2, p. 50.

IMPOTENCY: Several recipes are given which include quinine and strychnine. A second recipe calls for tincture of iodine, 20 drops, simple syrup, 4 ozs.

NOSE BLEED: Bathe the feet in very hot water, drinking at the same time a pint of cayenne pepper tea, or hold both arms over the head. Source 15, p. 445.

RHEUMATISM: Treatment: The patient should be placed in a warm bed with ears of boiled corn placed around him. The following drinks should be

administered: catnip, sage, and flaxseed tea; a compound of Snakeroot and pleurisy root. from source 1, p. 393.

A mixture of pulverized saltpeter 1/2 oz.; and sweet oil, 1/2 pt, is a certain cure for rheumatism. Apply externally. Source 2, p. 38.

SLEEPLESSNESS: Wet a cloth in cold water, and lay it on the back of the neck. Fold a towel smoothly over it, and very often it will sooth the weary brain and quiet the nerves. Source 15, p. 448.

SORE THROAT: Cut slices of salt pork or fat bacon; simmer a few moments in hot vinegar, and apply to throat as hot as possible. When this is taken off as the throat is relieved, put around a bandage of soft flannel. A gargle of equal parts of borax and alum, dissolved in water, is also excellent. Source 15, p. 447.

SPRAINS: The white of an egg, onto which a piece of alum about the size of a hickory-nut has been stirred, stirring constantly until it forms a jelly or curd, is a capital remedy for sprains. It should be laid over the sprain upon a piece of cloth, and be changed or re-wet in the whey as often as it becomes dry. Source 2, p.163.

STINGS: Wasp: cut an onion, scrape and apply the juicy part to the sting. Source 2, p. 210. Bee: Lean raw meat. Source 15, p. 448.

TOBACCO, CHEWING: You can cure the desire for the filthy weed by chewing the inner bark of the root of poplar or whitewood. Source 2, p. 180.

TOOTHACHE: The worst toothache may be speedily and delightfully ended by the application of a bit of clean cotton, saturated in the solution of ammonia to the defective tooth.
or
Alum reduced to a powder, a teaspoonful of the powder and an equal quantity of fine salt well mixed, applied to the gums by dipping your moistened finger in the mixed powder; put some also in the tooth, and keep rubbing the gums with it. Source 15, p. 447.

TUMORS, POISONED WOUNDS, AND WILD VINE POISONINGS: Take the stratum of clay used for making the best red brick, which lies immediately below the soil. Dry in the sun so it can be put through a sieve; keep in air-tight jar; mix with hot water until of the consistency of putty, and apply warm, with a knife, over the tumor, half an inch thick, cover with light brown paper, then bandage with good strong bandage, and keep it on 24 to 48 hours. Source 2, p. 216.

VOMITING, RELIEF: Give a teaspoon of whole black mustard seed. Source 15, p. 447.

WOUNDS FROM A RUSTY NAIL: Smoke this or any inflamed wound over the fume of burning woolen cloth, wool or sugar, for fifteen minutes, and the pain will be taken out. Source 15, p. 448.

WARTS: Cut a piece of wild turnip, from the woods, and rub several times upon the wart or warts. A simple potato is claimed to work also, cut and rubbed on. Source 2, p. 160.

ADVICE

WASHDAY

1. bild a fire in back yard to heet kettle of rain water.
2. set tubs so smoke won't blow in eyes if wind is pert.
3. shave one hole cake lie soap in bilin water.
4. sorth things, make three piles. 1 pile white, 1 pile cullord. 1 pile work britches and rags.
5. stur flour in cold water to smooth, then thin down with bilin water.
6. rub dirty spots on board, scrub hard, then bile. rub cullord, but don't bile--just rench and starch.
7. take white thins out of kettle with broom stick handle, then rench, blew, and starch.
8. spred tee towels on grass.
9. hang old rags on fence.
10. pore rench water on flower bed.
11. scrub porch with hot soapy water.
12. turn tubs upside down.
13. go put on cleen dress - smooth hair with side combs -- brew cup of tee -- set and rest and rock a spell and count blessins. Source 5, p. 20 under Miscellaneous.

HOUSEWORK: On Monday, wash; Tuesday, iron; Wednesday, bake and scrub kitchen and pantry; Thursday, clean the silverware, examine the pots and kettles, and look after store room and cellar; Friday, devote to general sweeping and dusting; Saturday, bake and scrub kitchen and pantry floors, and prepare for Sunday. When the clothes are folded of the frame after ironing, examine each piece to see that none are laid away that need a button or a stitch. Clean all the silver on the last Friday of each month, an go through each room and closet to see if things are kept in order, and nothing going to waste. Have the sitting room tidied up every night before retiring. Make the most of your brain and your eyes, and let no one dare tell you that you are devoting yourself to a low sphere of action. Keep cool and self-possessed. Work done quietly about the house seems easier. A slamming of oven doors, and the rattle and clatter of dishes, tire and bewilder everybody about the house. Those who accomplish much in housekeeping - and the same is true of every other walk in life - are the quiet workers. Never throw away even a crumb of bread. Waste not, want not. Source 15, pl 386.

LIFE AND HEALTH, Dr. Asada's Rules for preserving:

The bedchamber:

1. Remove the bed several feet from the wall, the further the better.
2. Take the heavy comforters and carry them to the dog kennel or to the stable for horse blankets, replace these worst of abominations with thin covers or blankets.
3. No taper candle or other light should be allowed to burn in the bed chamber.
4. No fires or other direct heating should ever be permitted in the bedroom.
5. Never select for a bed chamber a room on the north side of a building, for where the sun never enters sickness and death enter.
6. Never reprimand or scold before retiring at night.
7. Avoid the discussion of any exciting topics or the study of profound subjects for some time before retiring.
8. Retire early.
9. No eating of rich or heavy suppers late in the evening.
10. House plants should not be kept in the bed chamber.
11. People should sleep in separate beds.
12. Never lie in bed and read. Source 4

Children:

Exceptional children can be born by the male reading great books before the period of conception and the female thinking pure and lofty thoughts of noble deeds, will transfer to the seed and egg. So intimate is the nervous connection between the secret parts and the brain that the condition of one is immediately apparent in the other. Source 4, p. 795. Parents can determine the sex of their child by following this advice: If a male child is desired, before conception the father should eat spicy foods, read pleasant books, pass his time pleasantly, conserve his passion, at the same time the mother should pass her time quietly in the company of old women, eat bland foods, eat mostly vegetables, fatigue herself each day, and take medicines to reduce passions. If a female child is desired the male and female should do the opposite. Source 4, p. 819.

LONGLIFE

Drinking distilled water will keep mineral deposits out of the organs, and avoiding foods which will leave deposits of animal soil around the kidneys, will allow a person to live two hundred years in good health. One must breathe pure air and wear loose clothing. Exercise and thought must be maintained. If a child is taught to believe that all of this is possible, there is no reason that he should not live forever. Source 4, p. 957.

1. Cultivate an equable temper; many have fallen dead in a fit of passion.
2. Eat regularly, not over thrice a day, and nothing between meals.

3. Go to bed at regular hours, get up early, do not sleep in the daytime.

4. Work in moderation.

5. Stop working before you are very much tired.

6. Cultivate a generous and accommodating temper.

7. Never cross a bridge before you come to it.

8. Never eat when you are not hungry, nor drink when you are not thirsty.

9. Let your appetite always come uninvited.

10. Cool off in a place greatly warmer than the one in which you have been exercising. This simple rule would prevent incalculable sickness.

11. Never resist a call of nature for a single moment.

12. Never allow yourself to be chilled through and through; this causes pneumonia.

13. Whoever drinks no liquids at meals will add years of pleasurable existence to his life.

14. Begin early to live under the benign influence of Christian religion, for it has the promised of the life that now is and of that which is to come. Source 2, p. 168.

REFERENCES:

SOURCE 1: Stout, H.R., M.D., Our Family Physician. Peoria:IL: 1889. Revised edition.

SOURCE 2: Chase, A.W., M.D. Third, Last, and Complete Receipt Book and Household Physician. Detroit, Mich: 1891.

SOURCE 3: Guild Cook Book of Tested Recipes Published by St. Luke's Guild, Elma, Washington.

SOURCE 4: Wood, George P. M.D., and E.H. Ruddock, M.D. Vitalogy or Encyclopedia of Health and Home. Chicago: Vitalogy Association, 1918.

SOURCE 5: The German-Russian Book The American Historical Society of Germans and Russians.

SOURCE 6: The Household Searchlight Recipe Book Topeka, Kansas: The Household Magazine, 1941.

SOURCE 7 : The Modern Priscilla Boston, Mass: The Priscilla Publishing Company, January 1913.

SOURCE 8: Johnson, Alice A., ed. The Standard Book of Recipes and Housewife's Guide, 1901.

SOURCE 9: Selections from Aunt Sammy's Radio Recipes. Washington, D.C.: U.S. Dept. of Agriculture, re-issued 1976. From 1926-1946 this was a radio station offering "Housekeeper's Chat", Aunt Sammy was supposedly Uncle Sam's wife.

SOURCE 10: Marsh, Dorothy, ed. Good Housekeeping Cook Book. NY: Good Housekeeping, 1957.

SOURCE 11: Arthur's Home Magazine. Vol. XVII, January to June; Philadelphia: T.S. Arthur & Co., 1861.

SOURCE 12: Arthur's Home Magazine. Vol. XVIII, July to December; Philadelphia: T. S. Arthur & Co., 1861.

SOURCE 13: Needlecraft Magazine, January, 1927.

SOURCE 14: Farmer, Fannie Merritt, The Boston Cooking-School Cook Book. 6th edition, Boston: Little, Brown and Company, 1937.

SOURCE 15: Palmer, Minnie, Woman's Exchange Cookbook. Chicago: Homewood Publishing Company, 1901.

ants and roaches	30	household
apple buscuits	1	Food
apple candy	13	Food
apple cream pie	11	Food
apple sauce cake	4	Food
apples, fried w/bacon	20	Food
asthma	36,37	remedies
axle grease	29	household
baby's sex, determining	40	advice
bacon & fried apples	20	Food
bacon, to cure	20	Food
baking poweder biscuits	1	Food
barley water	36	remedies
bean salad	27	Food
beans, baked	25	Food
bedbugs	29	household
beef & corn loaf	17	Food
beef, braised	16	Food
beef, corned	17	Food
beer, ginger	7	Food
beer, milk	6	Food
beets	35	remedies
beets, Harvard	26	Food
biscuits, apple	1	Food
biscuits, baking powder	1	Food
black silk, to wash	35	household
bladder stone	35	remedies
boils	35	remedies
books, to dust	30	household
boots, to soften	30	household
bowel inflammation	35	remedies
brains, creamed	16	Food
braised beef	16	Food
brandy peaches	16	Food
bread, date	14	Food
bread, salt raising	1	Food
bruises	37	remedies
bugs	30	household
burdock	35	remedies
burns	36, 37	remedies
butter	5	Food
cabbage, escalloped	26	Food
cake, apple sauce	4	Food
cake, devil's food	3	Food
cake, Morgan's dark	3	Food
cake, nut	4	Food
cake, potato	3	Food
cake, prune	4	Food
cake, Spanish chocolate	3	Food
cake, spice	4	Food
cake, sponge	4	Food
cake, white fruit	5	Food
cake, white loaf	4	Food
cake, wind	4	Food
calf head, boiled	22	Food
calves' feet jelly	16	Food
cancer, malignant	36	remedies
candy, apple	13	Food
candy, horehound	13	Food
candy, maple	13	Food
candy, molasses	14	Food
candy, vinegar	14	Food
canker sores	36	remedies
carpets	30	household
carrots	35	remedies
catarrh	35	remedies
catnip	35	remedies
catsup, tomato	7	Food
cauliflower pickles	7	Food
ceilings, cleaning	30	household
celery	35	remedies
chapped hands	29	personal
charcoal	35	remedies
cheese	6	Food
cherries, pickled	8	Food
chicken, preparation	18	Food
chicken, Southern	19	Food
children, exceptional	40	advice
cider, hot punch	7	Food
clover	36	remedies
coconut cream pie	11	Food
coffee jelly	7	Food
coffee, homemade	7	Food
cold slaw	28	Food
complexion wash	29	personal
constipation	35	remedies
consumption	36	remedies
cookies, chocolate drop	5	Food
cookies, nut	5	Food
cookies, rolled oats	5	Food
copper kettles, cleaning	30	household
corn & beef loaf	17	Food

corn fritters	26	Food	furniture polish	31	household
corn relish	7	Food	garlic	35	remedies
corned beef	17	Food	geranium root	35	remedies
corns or warts/cows	30	household	giblets	19	Food
cows' teats warts	30	household	ginger bread	2	Food
crackers	1	Food	ginger snaps	3	Food
cranberry	35	remedies	glass tempering	32	household
creamed brains	16	Food	glass, to cut	31	household
cucumbers, baked	25	Food	gonorrhea	36	remedies
dandelion, boiled	27	Food	gooseberry pie	11	Food
dandruff	28	personal	grape vine	35	remedies
date bread	14	Food	grease, axle	29	household
date crumble	14	Food	gruel	36	remedies
dog bite	37	remedies	hair dye	28	personal
doughnuts	14	Food	hair, holding lotion	28	personal
dressing, fruit	9	Food	hair, to remove	28	personal
dressing, salad	9	Food	ham loaf	21	Food
drippings, to clarify	22	Food	ham, baked	20	Food
drunkeness	37	remedies	hand lotion	29	personal
duck	19	Food	head cheese	21	Food
dumplings	1	Food	headache	35	remedies
dye, bright red	31	household	heart disease	35	remedies
dye, brown	30	household	heart, baked	22	Food
dye, pink	30	household	hemorrhages	35, 37	remedies
dysentery	36	remedies	horehound candy	13	Food
earache	37	remedies	housework	39	advice
eels, fried	24	Food	ice cream, maple	6	Food
egg shell skin	37	remedies	ice on windows	32	household
egg whites, whipped	6	Food	icing, boiled	5	Food
eggs, to preserve	31	household	impotency	37	remedies
eyes, sore	35	remedies	incontinence	36	remedies
felons	35, 37	remedies	jelly, calves' feet	16	Food
fever	35, 36	remedies	jelly, coffee	7	Food
finnan haddie, escalloped	23	Food	kettles, cleaning	32	household
fish	23	Food	kidney complaint	35	remedies
fish balls	23	Food	kidney stones	35	remedies
fish, pickled	24	Food	lamps	32	household
flax	35	remedies	lard	19	Food
flies	31	household	leather, waterproofing	35	household
floors, to oil	31	household	lemon pie	11	Food
foxglove	35	remedies	lice	32	household
fritters, corn	26	Food	life and health	40	advice
frog legs	23	Food	linen, yellowed	34	household
fruit dressing	9	Food	loaf, corn and beef	17	Food
fruit salad	27	Food	loaf, ham	21	Food
fruit, pickled	7	Food	loaf, meat	17	Food

lockjaw	36	remedies
long life	40	advice
lotion, hand	29	personal
lye, to make	34	household
macaroni and clams	13	Food
maple candy	13	Food
maple ice cream	6	Food
mayonnaise, cooked	8	Food
meat balls	17	Food
meat loaf	17	Food
meat pie, English	17	Food
meat, to protect	16	Food
menstruation, painful	36	remedies
mica, cleaning	32	household
mice	32	household
milk toast	36	remedies
mincemeat, mock	12	Food
mincemeat	12	Food
molasses candy	14	Food
mortar	32	household
moths	32	household
mucilage	32	household
muskrat skin	37	remedies
nettle	35	remedies
noodles	2	Food
nose bleed	37	remedies
olive old	35	remedies
onions	35	remedies
oranges	37	remedies
paint, to remove	32	household
parsnips, browned	26	Food
pastry, pie	10	Food
pea pie crust	10	Food
peach tree leaves	37	remedies
peaches, brandy	16	Food
perfume	29	personal
pickled cauliflower	7	Food
pickled cherries	8	Food
pickled fruit	7	Food
pickles, cucumber	8	Food
pickles, sweet	8	Food
pie crust	9, 10	Food
pie crust, pea	10	Food
pie, chess	11	Food
pie, coconut cream	11	Food
pie, cream apple	11	Food
pie, gooseberry	11	Food
pie, green tomato	11	Food
pie, lemon	11	Food
pie, mock lemon	13	Food
pie, raisin	13	Food
pie, sour cream	13	Food
pig's feet, boiled	21	Food
piles	35	remedies
plum or suet pudding	14, 15	Food
pneumonia	35	remedies
polish, furniture	31	household
pork selection	19	Food
porridge, milk	36	remedies
pudding, quince	15	Food
pudding, suet or plum	14,15	Food
quince pudding	15	Food
rag weed	36	remedies
raisin pie	13	Food
raspberry	36	remedies
relish, corn	7	Food
rheumatishm	37	remedies
rheumatism	35	remedies
rhubarb pie	13	Food
roaches and ants	30	household
rolls, refrigerator	2	Food
rust spots	33	household
rusty nail wound	39	remedies
ruta baga, baked	27	Food
salad dressing	9	Food
salad, bean	27	Food
salad, fruit	27	Food
salad, veal	18	Food
salad, vegetable	28	Food
salmon, in mold	24	Food
sauer-kraut	27	Food
scours, animals	33	household
scrapple	21	Food
seafood	23	Food
shad, planked	25	Food
sheep sorrel	36, 37	remedies
shrimp, creole	24	Food
skins, to tan	33	household
skunk cabbage	36	remedies
slaw, cold	28	Food
sleeplessness	38	remedies
smelt, spiced	25	Food

soap, bar	33	household
soap, washing	33	household
soot, to remove	33	household
sour cream pie	13	Food
spider web	36	remedies
sprain	38	remedies
squirrel	23	Food
stain removal	33, 34	household
starch	34	household
stew, Brunswick	17	Food
sting, wasp	38	remedies
stomach inflammation	35	remedies
styes	35	remedies
suet or plum pudding	14,15	Food
sunflower seeds	36	remedies
sweetbreads	18	Food
sweetbreads, pre-cook	18	Food
tanning skins	33	household
tansy	36	remedies
temper class	32	household
throat, sore	38	remedies
toast, milk	36	remedies
tobacco	36	remedies
tobacco, chewing	38	remedies
tomato	36	remedies
tomato, green pie	11	Food
tongue, boiled	22	Food
toothache	38	remedies
tripe	18	Food
tumors	38	remedies
tuna fish, baked	24	Food
turtle	23	Food
ulcers	36	remedies
veal salad	18	Food
vegetable salad	28	Food
vegetables	25	Food
vine poisoning	38	remedies
vinegar	9	Food
vinegar candy	14	Food
vomiting	38	remedies
warts	39	remedies
washday	39	advice
watermelon	36	remedies
whey	6	Food
whooping cough	35	remedies
windows, ice	32	household
woodwork, to clean	35	household
wrinkles, to remove	29	personal
zwiebach dessert	15	Food